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## Tuesday



ALEX BRANDON/AP

President Obama speaks to veterans on Monday.

**Fighting Words:** Obama gets tough on defense bill | **3**

**Busted:** Md. police arrest man in theft of \$2K dress | **11**



**Feet First:**  
How to get your hip-hop moves MTV-ready | **FIT**

**lookout**

**Rights to Rock:**

This fall, Wal-Mart will release a Kiss exclusive. Plus, new music from Jay Reatard.

>> **24-31**



MATT STROSHANE/GETTY IMAGES

## End of an Era for Famed Rocket

**PARTING SHOT:** A Delta 2 rocket carrying the final spacecraft in the current generation of Global Positioning System satellites, lights up the morning sky over Cape Canaveral in Florida Monday. It was the last mission for the Delta 2, the workhorse rocket the Air Force has relied on for the past 20 years to build the GPS network that has become indispensable for both military and civilian uses.

## U.S. Halts Record ID Theft Plot

Hacker accused of targeting 130M credit card accounts

WASHINGTON | Federal prosecutors on Monday charged a Miami man with the largest case of credit and debit card data theft ever in the United States, accusing the one-time government informant of plotting to swipe 130 million accounts on top of 40 million he stole previously.

Albert Gonzalez, 28, broke his own record for identity theft by hacking into retail networks, according to prosecutors, though they say his illicit computer exploits ended when he went to jail on charges stemming from an earlier case.

Gonzalez is a former informant for the U.S. Secret Service who helped the agency hunt hackers, authorities say. The agency later found out that he had also been working with criminals and feeding them information on ongoing investigations, even warning off at least one person, according to authorities.

Gonzalez, who is already in jail awaiting trial in a hacking case, was indicted Monday in New Jersey and charged with conspiring with two unnamed Russian co-conspirators to steal the private information.

He faces up to 20 years in prison if convicted of the new charges. (AP)

### THE SCAM

Prosecutors say Gonzalez, who is known online as "soupnazi," targeted customers of convenience store giant 7-Eleven Inc. and supermarket chain Hannaford Brothers Co. Inc.

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SCIENCE

## Irony Particle Cloud Forms Over N.M.

The owner of an Albuquerque, N.M., driving school has been charged with driving while intoxicated after crashing his car. Tom McGinnis was arrested Aug. 6 after he allegedly crashed his car in Rio Rancho. A police spokesman says McGinnis had “an odor of intoxication on his breath; bloodshot, red watery eyes; slurred speech.” McGinnis faces charges of DWI and careless driving. (AP)



DANGER

## Who Needs Limbs When You Could Have a \$20 Bill?

A man caused a traffic jam when he threw money onto a Glendora, Calif., freeway and about 10 people dashed into the lanes to grab the cash on Sunday. California Highway Police officers recovered about \$1,000. The man then went to the police department and was hospitalized for mental evaluation. (AP)



FROZEN

## Don't Lick the Walls

Everything in Icebar Tokyo is made of ice cut from Sweden's Torne River, including the furniture. The entrance fee covers one drink, one glass (made of ice) and one coat (on loan). “Under the theme ‘Purity With a Twist,’ we respectfully allow the Jukkasjarvi ice to speak for itself, with words that highlight all of its fascinating and twisted glory,” the Web site [Icebartokyo.com](http://Icebartokyo.com) unhelpfully explains. (EXPRESS)



PRESCRIPTIONS

## Another Argument For Universal Health Care

Police say a masked man drove a stolen car through the front doors of a Toledo, Ohio, clinic and down the hallway before ramming into a pharmacy desk and stealing drugs. Toledo police say security cameras recorded the robbery shortly after 3 a.m. Monday. The car was found burned behind a library about a mile and a half from the clinic. Police are still looking for the suspect. (AP)

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## In Brief

LA MARQUE, TEXAS

**Sen. Hutchison Enters Texas Gubernatorial Race**

U.S. Sen. Kay Bailey Hutchison announced her run for Texas governor Monday with a sharp blast at



Hutchison

Gov. Rick Perry, saying he has overstayed his welcome with an administration marked by arrogance and "tragic" mistakes. Hutchison, using her old high school as a backdrop, also proposed limiting governors to two four-year terms. Perry, who took over the remainder of former president George W. Bush's second term as governor in 2000, is the longest-serving governor in Texas history. (AP)

JACKSONVILLE, FLA.

**State's Population Drops For the First Time Since '46**

Florida's population has declined for the first time in 63 years, state researchers said Monday as they blamed the recession for plunging tax revenues and a steep drop in new residents. The decline — 58,000 people over the past year — is the first since large numbers of military personnel left the state in droves in 1946 after the end of World War II. (AP)

# President Draws Line in the Sand

Obama says wasteful defense spending is 'simply not acceptable'

PHOENIX | President Obama chastised the defense industry and a free-spending Congress on Monday for wasting tax dollars "with doctrine and weapons better suited to fight the Soviets on the plains of Europe than insurgents in the rugged terrain of Afghanistan."

"Twenty years after the Cold War ended, this is simply not acceptable. It's irresponsible. Our troops and our taxpayers deserve better," he told a national convention of the Veterans of Foreign Wars. "If Congress sends me a defense bill loaded with a bunch of pork, I will veto it."

Even at a time when Obama needs as much congressional support as he can summon for his health care priorities, he spared no party from his harsh critique of business-as-usual.

He assailed "indefensible no-bid contracts that cost taxpayers billions and make contractors rich" and lashed out at "the special



ALEX BRANDON/AP

President Obama is greeted prior to his speech at the Veterans of Foreign Wars National Convention in Phoenix. The president wrapped up a four-day trip out West.

interests and their exotic projects that are years behind schedule and billions over budget."

He took on "the entrenched lobbyists pushing weapons that even our military says it doesn't want"

and blistered lawmakers in Washington whose impulse he said was "to protect jobs back home building things we don't need [with] a cost that we can't afford."

He said such waste was unac-

ceptable as the country fights two wars while mired in a recession.

The president praised Sen. John McCain, R-Ariz., for joining him and

**"If Congress sends me a defense bill loaded with a bunch of pork, I will veto it."**

—PRESIDENT OBAMA

Defense Secretary Robert Gates in opposing unneeded defense spending. Shortly after Obama won the White House, McCain pointedly suggested there was no need for the Marine Corps to bring on newer helicopters to ferry the president at a cost of billions of dollars.

On the subject of the helicopters, Obama told the veterans: "Among its other capabilities, it would let me cook a meal while under nuclear attack. Now, let me tell you something. If the United States of America is under nuclear attack, the last thing on my mind will be whipping up a snack."

LIZ SIDOTI (AP)



**CAREER CHANGE So, He Thinks He Can Dance** Who knew that Tom DeLay was such a dancing machine? The former House Republican leader has been selected as a contestant on the upcoming season of ABC's show "Dancing With the Stars." The DeLay family is apparently ecstatic about the transformation. "He's taking this very, very seriously, and we are all sooooo excited!" DeLay's daughter Dani DeLay Ferro said in a Facebook message. "People probably don't know that he's a really good dancer!" MARY ANN AKERS (THE WASHINGTON POST)

# Allergies?

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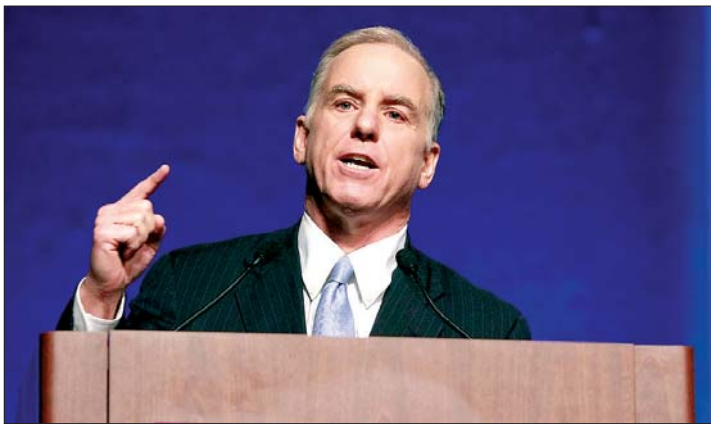
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Care for All Seasons

# Obama Under Fire From the Left

Concession on public health care proposal angers liberal Dems

WASHINGTON | President Obama's weekend concession on a health care "government option" drew complaints from liberals and scarce interest from Republicans on Monday, a fresh sign of the daunting challenge in finding middle ground in an increasingly partisan political struggle.

The White House insisted there had been no shift in position, adding the president still favors a federal option for the sale of health insurance. "The bottom line is this:



Former DNC chairman Howard Dean says a public health care option is essential.

Nothing has changed," according to a memo sent out to administration allies.

But some supporters of a health care overhaul sounded less than reassured.

“Let’s not say we’re doing health reform without a public [insurance] option.”

—HOWARD DEAN  
FORMER DNC CHAIRMAN

“You really can’t do health reform” without allowing the government to compete with private insurers, said Howard Dean, a former Democratic Party chairman. “Let’s not say we’re doing health reform without a public option,” he added in a slap at the administration’s latest move.

His remarks were echoed by

lawmakers and top labor union official, John Sweeney, who said the option was the only way to force “real competition” on the insurance industry.

The United States is the only developed nation that does not have a national health care plan for all its citizens.

The government option has emerged as one of the most contentious elements of legislation taking shape in Congress, with critics saying it is a step toward a federal takeover of health care and supporters arguing it is essential to create competition.

Proposals for creation of non-profit cooperative ventures have emerged as an alternative, but so far, neither liberals nor conservatives have shown great interest.

DAVID ESPO (AP)

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# Jungle Warfare Comes to the U.S.

Military groups are re-enacting Vietnam in tribute to veterans

BOALSBURG, PA. | The dirt paths that lead to Alpha Company's field headquarters are lined with overgrown weeds. A canvas tent is protected by machine guns, sandbags and Army-green storage boxes. And lurking somewhere outside is the enemy: the Viet Cong.

But these aren't the jungles of Southeast Asia, just the woods of Pennsylvania, where 40 years after the fall of Saigon, military enthusiasts are beginning to reenact the Vietnam War.



Tom Gray portrays an American soldier fighting in the Vietnam War in Boalsburg, Pa.

"We do it to honor these guys and to tell them, 'You weren't forgotten,' to tell them it wasn't

always negative," said Tom Gray, 47, of Altoona, who played a platoon leader at the encampment

**"We do it to honor these guys and to tell them, 'You weren't forgotten.'"**

—TOM GRAY  
VIETNAM RE-ENACTOR

outside the Pennsylvania Military Museum in Boalsburg.

Vietnam re-enactors have no national organization, but participants say Vietnam War groups are popping up across the country. Events were staged earlier this year in Houston and Jackson, Miss.

Wilbur Smith was among the

100 or so first-day visitors at the Boalsburg bivouac.

"What they're doing here is absolutely great," said Smith, who spent a year in Vietnam as an Army sergeant in 1968-69. "I think for a long time with Vietnam, we tried to push that out of our history, that it didn't happen. So, I think this is a good thing."

Vietnam veteran Richard Dunkle made the short trip from his Boalsburg home and explained that the negative feelings directed toward soldiers have eased to the point where he felt comfortable four years ago to start wearing his "Vietnam Veterans" hat.

"It was time for us to be proud of what were called on to do, even though it turned out to be a very unpopular thing," Dunkle said.

GENARO C. ARMAS (AP)

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## N. Korea Reopens to Neighbors

Pyongyang to restart cross-border family reunions, tourism

SEOUL | North Korea's decision to restart tours run jointly with South Korea and to allow reunions of families separated for decades by the peninsula's war is aimed at drawing much-needed foreign currency and securing the upper hand in negotiations with Washington and Seoul, experts said Monday.

Tours to the scenic Diamond Mountain resort and the ancient city of Kaesong, both located just north of the world's most heavily fortified border, have been key symbols of reconciliation between the divided Koreas. But when a South Korean was shot near the mountain — with tensions already high after the inauguration of South Korean President Lee Myung-bak — the plug was pulled.

Their resumption is the latest in a series of goodwill gestures from Pyongyang to Seoul and Washington after months of provocations, including pulling out of nuclear talks. **HYUNG-JIN KIM (AP)**

### INDONESIA | HIGHER



BAY ISNOVA/AP/GETTY IMAGES

**VERTICAL BATTLE:** People climb greased poles to win prizes as part of festivities to mark Indonesia's 64th birthday Monday in Jakarta.

## U.S. Gen. Wants Troops in N. Iraq

Iraq's government says citizens may vote on Americans' exit

BAGHDAD | America's top commander in Iraq said Monday he wants to deploy U.S. soldiers alongside Iraqi and Kurdish troops in a disputed swath of northern territory after a series of horrific bombings by insurgents hoping to stoke an Arab-Kurdish conflict.

The move would be a departure from the security pact that called for Americans to pull back from

populated areas on June 30. But Gen. Ray Odierno warned that al-Qaeda in Iraq was exploiting tensions between the Iraqi army and the Kurdish militia, the peshmerga, to carry out attacks on villages not guarded by either side. The bombings have killed scores of people since Aug. 7.

The U.S. soldiers would act in an oversight role to help the troops



Odierno

work together to secure areas along a fault line of land claimed by both Arabs and Kurds, Odierno said, stressing no final decision had been made.

Iraq's government, meanwhile, approved a draft law paving the way for a referendum on the security pact that lays out the U.S. withdrawal timeline to be held simultaneously with national parliamentary elections on Jan. 16, spokesman Ali al-Dabbagh said in a statement. The measure still needs to be approved by parliament, which is in recess until next month.

Iraqi lawmakers agreed to the security pact last November after months of bitter negotiations. But it included the caveat that the deal should go before voters in a referendum to be held by July 30 — a concession to opponents who argued that Americans should leave immediately after the Dec. 31 expiration of a U.N. mandate for foreign forces.

The government said earlier this year that to save time and money, it wanted the referendum to be held on the same day as the national elections. **KIM GAMEL (AP)**



SAURABHDAS/AP

Presidential candidate Abdullah Abdullah speaks at a rally in Kabul, Afghanistan, on Monday, the final day of campaigning.

## Afghan Poll May Spark Violence

Karzai rival suggests president's party could steal votes in election

KABUL | The threat of violence looms over Afghan presidential election Thursday — and not just from Taliban militants.

Abdullah Abdullah, a former foreign minister who is President Hamid Karzai's top rival, told a crowd of flag-waving supporters in Kabul on Monday that he will win the election — “if they don't steal your votes,” confident rhetoric that analysts say could stoke a violent backlash if his supporters

believe they've been cheated.

Abdullah isn't the only one who expects fraud. Voting observers warn that cheating will most likely take place at polling stations in remote or dangerous areas where monitors won't be present.

A black market for voter registration cards is said to be flourish-

ing, and a suspiciously high number of women have been registered to vote in culturally conservative provinces where Karzai expects to do well among ethnic Pashtuns who form the majority there.

**Serious questions over the fairness of the balloting could result in a winner without real legitimacy to Afghans.**

Mindful of the possibility of cheating, Secretary of State Hillary Clinton called Monday for “credible, secure and inclusive elections” and urged Afghans “to make election day secure, to eliminate fraud and to address any complaints fairly and quickly.”

Abdullah's campaign manager was quoted last month as predicting street violence if Abdullah doesn't win, contending that Karzai can't prevail unless he steals the vote — an allegation similar to those that triggered protests in Iran, after President Mahmoud Ahmadinejad claimed victory in the June 12 vote. **JASON STRAZIUSO (AP)**

12

**THE NUMBER OF** babies a woman in Gafsa, Tunisia, is expecting, the U.K.'s Sun newspaper said Monday. The mother said she is pregnant with six boys and six girls after she conceived through fertility treatments. The woman, a teacher who was not named, reportedly said she was “feeling fine and looking forward to hugging her six boys and six girls.” Tunisian health and social ministries have said they'll offer assistance to the family.

# Suicide Attack Kills 20 in Russia

## Bomber rams truck into police station in the North Caucasus

**NAZRAN, RUSSIA** | A suicide bomber rammed a truck into a police station in the Russian region of Ingushetia on Monday, killing at least 20 police in the worst attack to ravage the poor North Caucasus republic in years.

The blast, which wounded more than 130 others, undermined Kremlin claims that its efforts to bring calm and prosperity to the impoverished patchwork of ethnic groups, clans and religions were succeeding. It also stoked fears that Ingushetia has replaced Chechnya as the next battleground in the southern Russian region.

In Dagestan, another Caucasus republic where violence is on the rise, a roadside bomb in the capital,



People look at the aftermath of a suicide attack at a police station in Nazran, Russia, on Monday. At least 20 people were killed in the region's worst attack in years.

Makhachkala, killed one policeman and wounded three late Monday, said Col. Shamil Guseinov, a

city police commander.

There was no immediate claim of responsibility for the attack in

Nazran, Ingushetia's main city, which left the two-story building smoldering and a crater in the compound's courtyard, where the attacker detonated the bomb.

Russian President Dmitry Medvedev fired Ingushetia's top police official and, in unusually harsh comments, said police forces were as much to blame as the attackers themselves.

"This terrorist attack could have been prevented," he said.

Investigators said the attacker crashed his truck through the gates of city police headquarters in Nazran, Ingushetia's main city, as officers were lining up for their morning inspection. Police fired shots at the truck but failed to stop it.

The blast then triggered a fire that raged for hours, destroying a weapons room where ammunition detonated. (AP)



**ARTS Prime Rhymes** Shimon Peres has been a prime minister and a peacemaker. Now he's a poet. To mark the 86th birthday of Israel's elder statesman and ceremonial president, Israeli artists launched an album featuring songs adapted from the largely unknown poems he penned over a political career spanning nearly seven decades. Peres has said he wrote his first song when he was 8, during his childhood in Poland. In later years, he said, he wrote when he was "happy or sad or bored during Cabinet meetings." (AP)



Supporters of deposed Thai PM Thaksin Shinawatra protest in Bangkok.

## Thousands Rally For Thai Ex-PM

**BANGKOK** | Thousands of supporters of deposed Prime Minister Thaksin Shinawatra rallied in central Bangkok on Monday and then marched to the royal palace, seeking a pardon for the fugitive leader.

After months of calm, the march to the ceremonial palace of revered King Bhumibol Adulyadej threatened to rekindle the political turmoil that has gripped the country since before Thaksin was ousted in a 2006 military coup. The king has made no direct comment about the several rounds of riots staged by rival groups since late last year but has stepped in on rare occasions to defuse crises. (AP)

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# Russia Locates Missing Freighter

Ship found off Africa, but disappearance details still a mystery

MOSCOW | The high-seas mystery surrounding the disappearance of the freighter Arctic Sea ended Monday with the Russian navy's discovery of the ship off the coast of West Africa, far from the chilly waters of Finland where it launched.

But a full cargo of questions remained. Was the ship attacked near Sweden as reported? Was this an unheard-of case of piracy in European waters? Or a murky commercial dispute? Why was the

Arctic Sea found off Cape Verde, about 2,000 miles from the Algerian port where it was supposed to dock two weeks ago?

Defense Minister Anatoly Serdyukov informed President Dmitry Medvedev that the Russian-crewed freighter had been found safe about 300 miles from Cape Verde and that the 15 crew members were taken aboard another vessel for questioning.



The ship Arctic Sea, shown in 2008, was found Monday near Cape Verde.

PERKALA/ASA/PIRELLA GÖTTSCHE LOWE

The details stopped there. Since the Arctic Sea sailed from Finland on July 21 with a \$1.8 million cargo of timber, rumors and unconfirmed reports of misadventure has followed it.

Adding to the mystery, Russia's envoy to NATO, Dmitry Rogozin, told the ITAR-Tass news agency Monday that bogus information was deliberately provided to the news media "which did not allow

them to calculate the true actions of the Russian forces."

With details still sparse, Viktor Matveyev, director of the ship's operator Solchart, told The Associated Press, "We are all incredibly happy. Now the big work starts to find out what happened."

Serdyukov said the crew and the ship were found about 300 miles from the island nation of Cape Verde. "The crew is alive; all are alive and healthy," he said.

The crew members were taken aboard the Russian navy frigate Ladny, Serdyukov said. JIM HEINTZ (AP)

## PERPLEXING VOYAGE | ARCTIC SEA'S RECENT WHEREABOUTS

**July 21** Arctic Sea departs from Finnish port with timber cargo bound for Algeria.

**July 24** Crew reportedly attacked in Baltic Sea by masked men who leave 12 hours later.

**July 28** Arctic Sea makes last known radio contact after passing through English Channel.

**Aug. 4** Arctic Sea fails to arrive as scheduled in Bejaia, Algeria.

**Aug. 14** French Defense Ministry reports that ship resembling Arctic Sea is located about 520 miles north of Cape Verde.

**Aug. 17** Russia confirms its navy has found the ship about 300 miles from Cape Verde.



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# Wall Street Reconsiders

Indexes drop sharply on fears the economy isn't out of the woods

**NEW YORK** | Investors are finding out what everybody else already knew: The consumer isn't going to spend the economy into recovery.

Major U.S. stock indexes tumbled by the biggest amount in six weeks Monday as investors grew worried that they have been too quick to bet on an economic rebound during the market's five-month rally. Overseas markets plunged, and investors' demand for safe-haven investments sent



Investors are concerned that optimism about the economy may be premature.

the dollar and Treasury prices shooting higher.

The Dow Jones industrial average skidded 186 points, and

the major indexes fell at least 2 percent. The Nasdaq composite index was hardest hit, falling 2.8 percent.

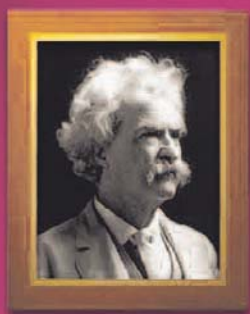
A shudder in China's main stock market touched off a wave of selling that spread to Europe and then the U.S. A drop in quarterly profits at retailer Lowe's Cos. added to worries that an improvement in the economy is far off.

Some investors used to seeing a quick bounce-back in stocks may have underestimated how difficult the recovery could be, even though many analysts have warned that it could take well into 2010 for the economy to regain strength.

TIM PARADIS (AP)



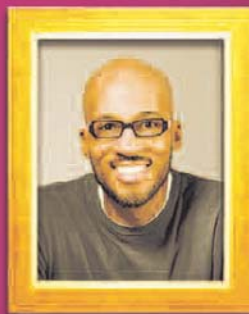
**PUBLISHING Difficult to Digest** The publisher of Reader's Digest, the most popular general interest magazine in the United States, said Monday it will file for bankruptcy protection with a plan to swap a portion of its debt for ownership of the company. Reader's Digest has been searching for a niche as the Internet upends the magazine industry's traditional business models. (AP)



**Mark Twain**  
Author  
(1835-1910)



**Harriet Tubman**  
Abolitionist  
(c.1820-1913)



**Kymone Freeman**  
Vaccine Trial Participant  
(Present day)

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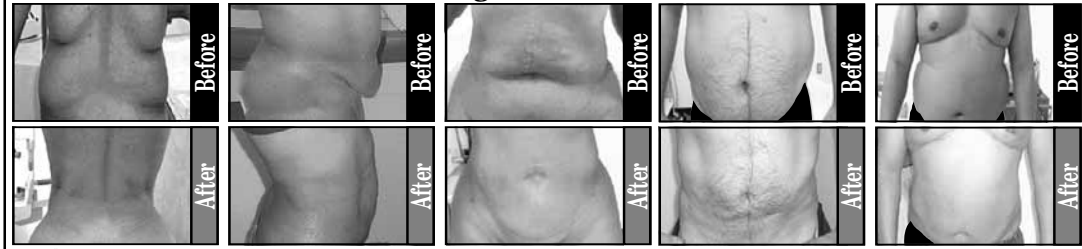
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# Money

## Seattle's Bag Fee Faces Opposition

City to vote Tuesday on referendum to end the 20-cent surcharge

SEATTLE | Leaders of this famously green city last year passed America's first grocery bag fee, and other cities across the U.S. quickly followed.

But the plastics industry has been fighting back, bringing lawsuits, lobbying lawmakers and bankrolling a referendum in Seattle to overturn the 20-cent charge. The measure goes before voters Tuesday, and polls show marginal support after the industry spent \$1.4 million, outspending supporters about 15-to-1.

If the bag fee fails in an eco-conscious city like Seattle, observers say, it will be a tough sell elsewhere.

"This amount of money is about bullying public officials," said Rob Gala, a spokesman for Seattle Green Bag campaign. "They're trying to send a message to elected officials



Allison Ure bags groceries in a plastic sack at the M Street Grocery in Seattle.

across the country who are thinking about similar measures."

Several states — including Colorado, Texas and Virginia — debated bag bans or fees this year, but no statewide ban or fee has been enacted. Washington, D.C., passed a 5-cent fee on paper or plastic bags, and the Outer Banks region in North Carolina banned plastic bags this year. But New York City dropped a proposed 5-cent bag fee in June, and Philadelphia rejected a plastic bag ban. PHUONG LE (AP)

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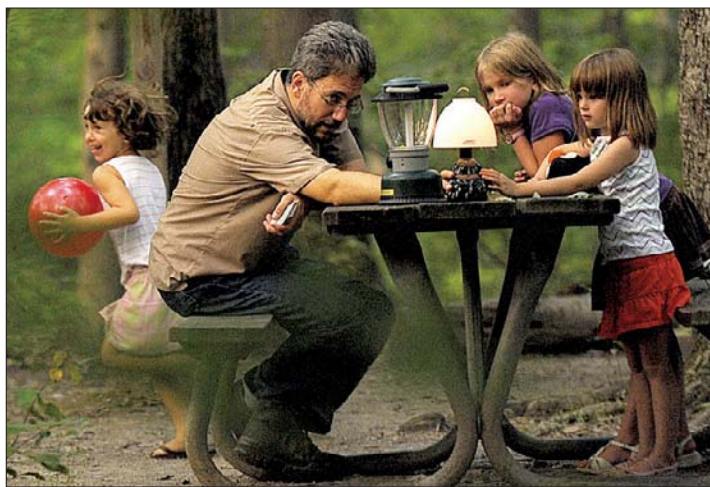
# New Trend for Creature Comforts

Parks, retailers offer luxuries to attract people to campsites

The idea of "roughing it" has taken on a new meaning.

The Coleman outdoors company sells air mattresses with built-in alarm clocks and night lights, and tents outfitted with "integrated lighting systems" and auto-roll windows. For those who can't bear to be unplugged for any length of time, DirecTV has a portable satellite and Kampgrounds of America offers wireless Internet at most of its camp sites.

And for a small fee, employees at Montgomery County's Little Bennett Regional Park will set up a fully furnished campsite, complete



Brian Sliker tests lanterns with his kids Aug. 14 at Little Bennett Regional Park in Clarksburg, Md., where, for a fee, your campsite can be set up before you arrive.

with a tent that sleeps four, chairs, a propane stove and a lantern. Marshmallows are optional.

With fewer people participating in outdoor activities, retailers and park officials are doing every-

thing they can to coax them into the great outdoors. That's because they worry that a population more familiar with Google than the Grand Canyon ultimately could hurt conservation efforts.

Some say such plush amenities go against the true spirit of the outdoors. It's not camping, some sniff, but "glamping" — as in a camping experience short on hardship but long on glamour.

Retailers say it's the reality of the market. "There's an expectation of a certain level of comfort or people won't go outside," said Jeff Willard, senior vice president of marketing and new product development for Coleman. "It needs to be comfortable. Otherwise, people are going to stay inside and do Facebook."

LORI ARATANI (THE WASHINGTON POST)

# Man Held In Dress Theft Case

Montgomery County police have charged a 20-year-old man with theft and other offenses after he allegedly dressed as a woman last month, entered the Saks Fifth Avenue store in Chevy Chase, slipped a \$2,000 Chanel dress into his bag and sprayed a guard



Bradley

in the eyes with pepper spray as he fled the store.

Jonathan Bradley was picked up by D.C. police last

week during a routine traffic stop in Southeast Washington.

He was dressed as a woman, police said.

The Montgomery police investigation began July 30, when images captured by Saks surveillance cameras showed a person in a dress with very broad shoulders.

DAN MORSE (THE WASHINGTON POST)

## The Lotteries

Monday, Aug. 17

### DISTRICT

Mid-day Lucky Numbers **3-7-3**  
Evening Lucky Numbers (Sun.) **1-7-3**

Mid-day DC 4 **7-6-8-0**  
Evening DC 4 (Sun.) **4-3-9-1**  
Mid-day D.C. Five **4-8-8-9-9**  
Evening D.C. Five (Sun.) **3-2-7-6-2**  
Daily 6 (Sun.) **7-13-14-17-23-28 (2)**

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office.

### MARYLAND

Mid-day Pick 3 **8-9-9**  
Evening Pick 3 (Sun.) **6-3-1**  
Mid-day Pick 4 **4-2-0-8**  
Evening Pick 4 (Sun.) **5-3-7-5**  
Match 5 (Sun.) **8-21-22-24-38 (6)**

### VIRGINIA

Mid-day Pick 3 **4-0-2**  
Evening Pick 3 (Sun.) **5-1-2**  
Mid-day Pick 4 **2-1-5-7**  
Evening Pick 4 (Sun.) **6-8-7-9**  
Mid-day Cash 5 (Sun.) **3-6-13-22-25**  
Evening Cash 5 (Sun.) **3-10-12-22-32**

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With punter Hunter Smith holding, kicker Shaun Suisham kicks a field goal in practice recently. Redskins assistant Danny Smith calls Hunter Smith the best holder ever.

# Smith Is a Kicker's Best Friend

Redskins' new holder could be the best at the niche task ever

REDSKINS | Best quarterback of all time? Best receiver? Best line-backer?

Every football fan has had those discussions. Washington Redskins special teams coach Danny Smith threw down the gauntlet on a whole new category: best holder. What's more, Smith says his new punter, Hunter Smith, may be the best holder in the history of the game.

Smith based his case on the fact that, until this year, Hunter Smith had spent his entire 10-year career with the Indianapolis Colts holding for Mike Vanderjagt and Adam Vinatieri, two of the most accurate kickers in NFL history. When Hunter Smith is the holder,

### TRUSTED HANDS

The ball seems to go through the uprights most with these three holders:

**85.8** Hunter Smith's percentage as the holder.

**85.6** Raven Sam Koch's percentage, but his is 86.4 in the playoffs.

**86.1** Charger Mike Scifres' percentage. His drops to 84.6 in the playoffs.

the ball goes through the uprights an astounding 85.8 percent of the time. When confronted with this fact, Hunter Smith didn't exactly start rehearsing his Hall of Fame speech at Canton.

"This," he said, "is hilarious."

He is quick to remind that he

**"I don't think the holder makes the kicker. The kicker makes the kicker."**

—HUNTER SMITH

was holding for two great kickers. "I don't think the holder makes the kicker," he said. "The kicker makes the kicker."

And what about the fact that Smith has played half his games in the climate-controlled comfort of an indoor stadium in Indianapolis? Naturally, he's going to get a better percentage than, say, the New York Giants' Jeff Feagles or Buffalo's Brian Moorman.

So, who really is the best of all time? Going purely by the numbers, it has to be someone recent: The top

25 most accurate kickers in NFL history all played in this decade.

Sam Koch is having a good run with the Baltimore Ravens. Koch's percentage is right behind Smith's (85.8 to 85.6), and he's actually ahead of Smith when playoffs are included (86.4 to 85.9). San Diego's Mike Scifres is better than Smith in the regular season (86.1) but worse in the postseason (84.6).

To give Hunter Smith his due, he's been reliable for a full decade, much longer than Koch, Scifres and most anyone else with a high percentage. He was also the holder when Vanderjagt had the most prolific perfect season ever — 37 for 37 (40 for 40 including playoffs) in 2003.

So, maybe he is the best. But if so, shouldn't he belong in the Hall of Fame? "I don't see that happening," he said. JOSEPH WHITE (AP)

## Swengali

GOLF | BY MATT SWENSON

### Tiger Loses His Invincibility

**TIGER WOODS LOST.** That fact is still sinking in around the PGA.

No longer is the greatest front-runner in sports invincible.

For years, Tiger's sheer persona was enough to scare away anyone near contention.

Then came Y.E. Yang, who out-dued the world's best golfer at the PGA Championship on Sunday. His eagle in the 14th hole was the shot heard round the world.

Tiger, who started the day two strokes ahead, was suddenly two strokes behind the soon-to-be next golf star. Tiger birdied the same

**For years, Tiger's sheer persona was enough to scare away anyone near contention.**

hole yet never caught up.

And now the criticism will mount. Has Tiger lost it? It's a preposterous question, but, surely, someone will actually ask it.

The reality is Tiger is human. He was going to lose a last-round lead at some point. Personally, I think he let his guard slip earlier in the week with a deserved pat on the back when acknowledging this was a great year for him already.

A younger Tiger would never have allowed such complacency, though. It's doubtful he'll make the same mistake again.

Part of Jack Nicklaus' legacy was his 19 second-place finishes at majors. Tiger is starting to catch up, even if he doesn't want to.

I'd expect to see Tiger back where he belongs at a major next year. The fact he lost Sunday will just make us appreciate the feat more.



**AUTO RACING** **Next Stop Baltimore?** Two-time Indy 500 champion Al Unser Jr. is getting behind the wheel of a plan to bring a Grand Prix-style race to the streets of Baltimore. Unser was on hand at a news conference Monday on behalf of the Baltimore Racing Development, which announced its push to secure an Indy Racing League event for the city in 2011. Last week, the City Council passed a resolution that provided BRD exclusive rights for two years to pursue bringing an IRL race to Baltimore. (AP)

To reach Matt Swenson, e-mail matt.swenson@readexpress.com

## Sports

# Yang the Pride of S. Korea

Stunning comeback victory over Woods is the talk of the nation

**GOLF** | Eyes glued to the TV, Y.E. Yang's family on the island of Jeju stayed up all night to watch the South Korean face off against the world's No. 1 golfer, Tiger Woods, at the PGA Championship.

Yang, ranked 110th, made history Sunday by coming from behind to beat Woods and become the first Asian-born man to win a major tournament — a stunning rise for the self-taught son of a farmer who first picked up a golf club at age 19.

"I am so happy and proud of him. What else can I feel?" elder brother Yang Yong-hyuk said Monday. "Since he has finally reached the peak, I hope that he will work even harder to become better and



A huge screen in Seoul shows Y.E. Yang holding his PGA Championship trophy.

defend his position."

Yang, 37, is known as "Son of the Wind" in his native South Korea for his consistency even on windy days. Now he deserves a new name, the Korea Professional Golfers' Association said: "Tiger Killer."

"Seeing Yang, ranked 110th in the world, win against Tiger Woods, the best player in the world, I felt so proud to be a Korean today," said Kim Soo-mi, who like many South Koreans woke up at 4 a.m. to watch the final round.

Golf is huge in South Korea, which in recent years has produced a number of top female players. But the top ranks had, until now, evaded Asia's men.

Even South Korea's president, Lee Myung-bak, watched the tournament live on TV. He later phoned Yang to offer his congratulations.

"I woke up at dawn today to watch the broadcast, and you played in a calm manner," Lee told Yang, according to the president's office. "First of all, you enhanced our people's morale by winning the major title for the first time as an Asian." KWANG-TAE KIM (AP)

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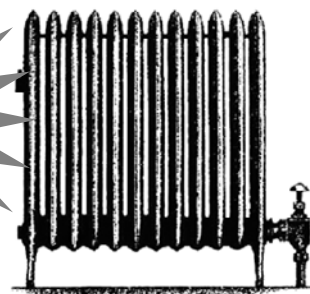
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Sports

Vick Impresses McNabb

Eagles may play both quarterbacks at the same time this year

NFL | Donovan McNabb says he has no problem with Michael Vick's taking some of his snaps and warns opponents that the two quarterbacks could be on the field together at times.

Vick was signed by the Philadelphia Eagles last week to add a different dimension to the team's offense, not to push McNabb for a starting job.

It's likely that Vick, a three-time Pro Bowl quarterback in six seasons with the Atlanta Falcons, will be used in a variation of the



Donovan McNabb, left, said he's fine with Michael Vick's taking some snaps.

Wildcat formation.

But even in that scenario, McNabb won't necessarily be watching from the sideline.

"I'll be a receiver. I might be

a tight end," he said with a smile Monday. "You never know where I'll be."

It's uncertain whether the Eagles would risk putting McNabb at an unfamiliar position and expose him to the defense. Coach Andy Reid isn't revealing any secrets.

So far, McNabb has been impressed with what he's seen from Vick on the practice field and in the film room.

"He's done a great job. You have to be excited about his work ethic and attitude," McNabb said. "I see a guy doing whatever it takes to turn his life around. He's going through the proper channels."

ROB MAADDI (AP)

**1 THE NUMBER OF** wins D.C. United has in Latin America in the team's 14-year history. It hopes to double that total Tuesday as the CONCACAF Champions League group stage kicks off in San Pedro Sula, Honduras, against Marathon. The teams met in last year's group stage, with the Honduran club winning both home and away. (EXPRESS)



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# Sports



MATT SLOCUM/AP

Teammates congratulate Nick Johnson, right, during an Aug. 7 game in Philadelphia. The Marlins are 4.5 games out of a playoff spot and have the league's lowest payroll.

## Frugal Marlins Set For Playoff Push

Thrifty ballclub finds itself in familiar fight for shot at postseason

**BASEBALL** | They're first in thriftiness and last at the turnstiles — again. They've never won a division title, and their roster turns over with the frequency of a college team.

Yet as the playoff race heats up, look who's in the mix: those perennially overlooked, underrated Florida Marlins.

The Marlins began the week two games behind NL wild-card leader Colorado, and they're 4½ games behind NL East leader Philadelphia.

Fans haven't exactly been overtaken by playoff fever — with an

average home attendance of 18,215, the Marlins are on pace to finish last in the NL in attendance for the fifth year in a row.

But the Marlins' 63-55 record is worthy of notice, given that their payroll of \$37 million is the smallest in the majors. That makes the underdog Marlins easy to root for, and they do have their fans, even in New York.

Regis Philbin is one. "I like to pick a team that no one else is looking at and predict they're going to be a winner," says Philbin, who has sung the Marlins' praises on his TV show.

If the Marlins keep to their six-year cycle, they'll win the World Series this year. They did so as the NL's wild-card team in 1997 and again in 2003. STEVEN WINE (AP)

### TODAY'S TV LINEUP

**NATIONALS (7 P.M. ON MASN2)** Will the Nationals be able to introduce Stephen Strasburg before the game against the Rockies?

**ORIOLES (7 P.M. ON MASN)** The O's pitchers hope to avoid another nine-run inning when visiting the Rangers.

**TRACK (1 P.M. ON VERSUS)** A long

day of hurdles at the IAAF World Championships in Berlin.

**LITTLE LEAGUE (7 P.M. AND 9:30 P.M. ON ESPN2)** Semifinal games from Portland, Ore.

**SOCCER (2:30 P.M. ON FSC)** Maccabi Haifa takes on Salzburg (Austria) in the Champions League.

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# fit

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Pick up hip-hop moves courtesy of the Boogie Bots **E4**

A pink funnel promises to help women who want to be — or at least pee — like one of the guys

**E3**



Time says exercise won't make us thin, but some disagree **E5**

# can't be

# beats



THE BEAT YA FEET KINGS PLAN TO WIN 'AMERICA'S BEST DANCE CREW' WITH THEIR LOCAL STYLE **E4**

# BaggageCheck



**GOT ISSUES?** DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

## Sipping Before Sleeping May Mean Anxiety

**Q** My boyfriend drinks wine to go to sleep at night. This is the only time that I see him drink. So, I don't think that it's an alcohol issue as much as a sleep issue. The only way that he ever seems to get relaxed and ready for bed is to have a few glasses of wine. He'll usually do it while watching the news or just hanging out with me. He says he's done it for years and doesn't have a hangover in the morning. Is this bad? — CONCERNED GIRLFRIEND

Alcohol problems come in all shapes and sizes, as do sleep problems. Put them together and there's an infinite variety, making the question of where to draw the "bad" line quite a conundrum.



BENDEPENDENT.COM

I certainly can't (and wouldn't!) diagnose anything based on your description, but what you have is a person who's having trouble falling asleep on a daily basis and is turning to a substance that can be quite addictive in order to do it.

It's one thing to have wine on an occasional — or even nightly — basis. But to need it, and several glasses at that, to do something as basic as sleep is troubling. Have him talk to his doctor about this, and try to see whether there are

other indications that he might have problems with anxiety. Techniques such as diaphragmatic breathing, visualization, progressive muscle relaxation and meditation could be really helpful in getting him to his pillow without the pinot.

## Don't Waste Time; Get Help

**Q** I am in a dire, time-constrained situation. I have been with my wonderful boyfriend for a little over a year, and he is someone I may consider marrying. However, I had been cheating on him with an ex from December to June before ending it for good. I recently found out that I am pregnant and I know that it is my ex-boyfriend's, who was recently killed in a tragic accident. He left behind no kids and I feel that it would be selfish to abort the baby in light of his death. I have an amazing relationship with my ex's mom and know that she would

make a wonderful grandmother. However, I do not want to ruin a beautiful relationship with my current boyfriend, who I know would be devastated if he found out my situation. — CONFUSED BABY MAMA

To say you have a lot going on would be the understatement of the year. The circumstances of your predicament are unbelievably intense. In short, you need real support and guidance — much more than I could give in some newsprint.

Please don't wait any longer — or make any decisions — before seeking meaningful help. Community mental health centers offer low-cost counseling and resources. A good counselor could help you deal with your grief and confusion, and collaborate with you on moving forward. Please don't try to go through this alone.

**@** Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at [baggage@readexpress.com](mailto:baggage@readexpress.com). This column is not a substitute for one-on-one care.

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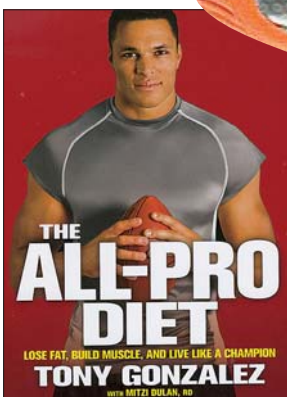


## Heeding the Call of Nature a New Way

■ Once you get over the initial giggle, the YouTube ad for GoGirl (\$7, Go-girl.com) is an inspiration for womankind. Athletic, adventurous role models declare themselves no longer beholden to their bladders or bathrooms. With the discreet pink product tucked in their purse or pocket, they have achieved the ability to tinkle standing up — anywhere!

Still, we performed our test over a toilet. As we pressed the rubbery funnel's mouth over the appropriate area, we felt a wee bit ridiculous. We held our dress in place but had to strategize about what to do with our undies. Drop them to the floor? They'd get dirty! Balance them on our thighs? They may get in the line of fire! After three attempts — and giving it a go in pants — we got, uh, dampened results. While a whiz-bang idea, GoGirl slightly missed the mark.

KRIS CORONADO (EXPRESS)



### GOAL WEIGHT

The traditional foods eaten while watching football are the exact opposite of the foods you should eat if you play football — or plan to live past 40. "The All-Pro Diet" (\$24.95, Rodale) written by NFLer Tony Gonzalez (and his nutritionist) emphasizes protein and whole grains, hence the recipe for lentil and brown rice salad.



### SHOE SHOW-OFF

Shoes or spaceships? That's not such an odd question to ask about the Puma Cell Voltra (\$100, Store.puma.com), which boasts IOCELL technology, a two-tiered system divided by a membrane that supposedly absorbs impact and improves rebounding ability.



### GOOD 'WICH

Maybe you have time to fix a PB&J, but lunch is more fun to munch with a grown-up sandwich. Smart Ones' hopes to fill that niche with low-cal, low-fat grilled flatbread options such as Savory Steak & Ranch, Chicken Marinara and more. Just ignore the "real grill marks" and dig in.



### DRINKING PROBLEM

After banning BPA from your plastics, you probably felt pretty smug. But have you shielded yourself from chemicals with Estrogen Activity (EA), which can alter bodily behaviors and up your cancer risk? That's the selling point behind Hydrapak's Purebot (\$9.99, Pure-bot.com) bottle.

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# Hot to Trot For the Bots

Take dancing advice from one of the best crews in the country

Last summer, the Boogie Bots were strutting their stuff on MTV's "America's Best Dance Crew." After hip-hopping their way to a fourth-place showing, they're helping others follow in their footsteps.

## What It Is

Although gig opportunities have sent them around the world, the local boys make sure one member of the crew shows up at D.C. Dance Collective every week to teach their distinctive style. All are masters of the isolation, but each brings a specific personality to the mix. Take 23-year-old Mike Arelleno (aka Magic Mike), who has a mullet-ish

mohawk and a penchant for R&B. "Don't be afraid to express more," he instructed the students at last week's session. Each time, it's a new song and new choreography.

## Moves

None of the steps inherently requires years of training — don't freak about having to perform the tricks that rile up the crowd on "ABDC" — but the speed and attitude won't come easily to beginners. Think about jutting out an elbow with precision, then drooping your body like a rag doll and blending them together in one fluid motion. "The Boogie Bots make it look like they're not even trying," says regular Alex Kloeden, 14.

## Workout

But, of course, they are trying. "It's

work  
it  
out



Josh Gilmore, one of the Boogie Bots, leads class in the unofficially required attire — baggy bottoms and a graphic tee.

an hour and a half of straight cardio," says student Jean Pyun, 24. Even the stretching portion of the warm-up isn't a hold-one-position-endlessly affair. "I add dance to have a little fun," Arelleno says. Maybe that's what inspires students to freestyle in place whenever there's a lull in the action.

## Crowd

Like the show's viewership, this class skews young. But it's not a bunch of starstruck teens. Shante Johnson, 16, probably wouldn't turn down the chance to stand next to Mario Lopez, but she's more focused on learning the craft in order to become a choreographer.

And Pyun doesn't care so much about their reality show cred as she does the quality of their teaching. "They break it down really well," she says. VICKY HALLETT (EXPRESS)

Held at D.C. Dance Collective, 4908 Wisconsin Ave. NW, Thu. at 6:30 p.m.; 202-362-7244, [Dcdancecollective.com](http://Dcdancecollective.com).



PHOTO CREDIT

# And the Beat Goes On

D.C.'s shake-a-leg style takes center stage on MTV

If you couldn't tell from their Nationals caps and I ♥ DC shirts, the Beat Ya Feet Kings will happily break it down for you: They're representing the nation's capital on the new season of MTV's "America's Best Dance Crew." And they're doing it with "beat your feet," a style of movement associated with go-go music and indigenous to Washington.

Actually, make that the whole D.C. metropolitan area. "We started out as D.C., but it's spread to Maryland and Virginia, and we call it the DMV," explains Richard "Richboy" Ogunsikan, 24.

Don't know what it looks like to beat your feet? You'll have to tune in next Sunday at 9 p.m. to catch a peek of the frenetic lower-body movements. "It's crazy to describe it. Your legs get tangled up in crazy footwork," says Dante "Styles" Hancock, 24. A basic step is the "twirk," which is derived from the Kid 'n Play "House Party" dance. "We sharpened it up and made it small so we can trick with it," Ogunsikan adds.

The show's voters seem to be intrigued by the unusual style. Although they landed in the bottom three on the first episode, the Beat Ya Feet Kings rebounded during a battle and received heaps of praise from the judges for their "Crazy in Love" performance on the Beyonce-themed episode Sunday. Their secret weapon

was Porche "Queen" Anthony, 22, the sole woman in the group, who manages to keep up with the boys but adds a touch of femininity.

One fear on the "ABDC" blogs is that beat your feet may blow viewers away the first time they see it, but if that's all the crew does, they're sunk. Brandon "Locks" Faulker, 23, promises the style is more versatile than most folks would imagine, and one of the most challenging aspects of choreographing and perfecting the performance each week is synching up their individual styles. Of course, that's just about all they're doing. "We practice, eat, practice, sleep," Hancock reports.

And no matter what happens, they vow to come back to the DMV to teach classes. V.H.

# Is Exercise a Big Fat Lie?

Time's cover story has fitness pros steamed over its message

Fitness and health experts say Time magazine got it wrong last week with its cover story, "Why Exercise Won't Make You Thin." The story posits that exercise backfires as a weight-loss tool because people become hungrier and end up eating more. The rationale goes something like this: "I walked three miles today, so I'll reward myself with a blueberry muffin." The three-mile walk burned off 239 calories, but the muffin added 420.

However, most research suggests that exercise and dieting are both important for weight loss and that exercise is critical for weight maintenance. Research not cited by the Time article shows that people who have maintained a significant weight loss over a sustained period of time largely rely on exercise to do so.

The American College of Sports Medicine released a state-



People have to weigh the benefits of exercise against the cons — namely, hunger.

ment Friday saying it takes "strong exception" to the Time story's conclusions. "Physical activity is one of the most important behavioral factors in enhancing weight loss maintenance and improving long-term weight loss outcomes," said John Jakicic, who chairs the ACSM's committee on obesity prevention.

Another ACSM member, Dr. Janet Rankin, said: "A practical response to the claim that exercise makes you eat more and gain weight is to look around. If this

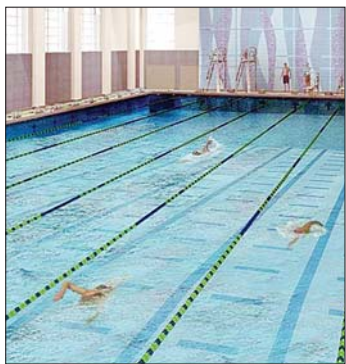
were the case, wouldn't those who regularly exercise be the fattest? Obviously, that isn't the case."

The story doesn't say exercise is bad, but that it just won't help you lose weight, the author, John Cloud, states. But he seems to be suggesting that promoting exercise is some type of public health conspiracy. "Public-health officials have been reluctant to downplay exercise because those who are more physically active are, overall, healthier," he said. SHARI ROAN (LOS ANGELES TIMES)

## New Pool Makes A Splash

Take a dip (or a class) at Wilson Aquatic Center

"Back," "to" and "school" is perhaps the most depressing sequence of words in the English language. But it's hard to believe any kid (or grown-up) wouldn't want to spend some of the final days of summer safely inside Wilson High School now that its aquatic center has undergone a \$34.7 million makeover and reopened to the public.



Set up for 50 meters, there are eight lanes. Set up the short way, there are 22.

Not even a block from the Tenleytown Metro station, the complex at 4551 Fort Drive NW houses a 50-meter pool for serious laps, two shallow leisure pools for families and splash-arounders (water basketball, anyone?) and a heated whirlpool. And if you're a Washington resident, you're

invited to dive in for free. Until the end of the month, your driver's license is enough to grant you admission, but the D.C. Department of Parks and Recreation is encouraging everyone to apply for a D.C. One card. You can get it on-site in about 15 minutes, and it'll be your pool pass all over the city. (Maryland and Virginia interlopers are also invited to swim, but they'll have to pay \$4 per day for adults and \$3 per day for kids and seniors.)

Once school starts again, the Wilson swim team will take over some of the lanes, but the plan is to always keep at least three open for anyone interested in exercise, and to offer a wide array of courses. They've already kicked off water aerobics and learn-to-swim classes, and the schedule is growing. Maybe going back to school isn't so bad after all. VICKY HALLETT (EXPRESS)

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# GOLD'S GYM GET FIT CHALLENGE

12 WEEKS. 6 CHALLENGERS. 1 GOAL.

## GGX Class Challenge!

For 12 weeks, 6 Express readers are competing for \$5,000 and a one-year membership to Gold's Gym. Challengers are racking up points for losing unwanted weight and winning fitness challenges. To help them lose the weight and prepare for these challenges, each contestant is given one hour each week to workout with their personal trainer. The challenger with the most points at the end of 12 weeks wins!

This week, our contestants faced their second Fitness Challenge, in which they attended as many Gold's Gym Group Exercise (GGX) classes as they could during one week. Gold's offers four types of classes: Mind & Body, Cardiovascular, Strength Training and Cycle.



### FUEL UP AND GET YOUR REST.

Officer Jamie fell in love with the cycle classes, and now she wants to become an instructor! On Erin's advice, she made sure to stay hydrated, well-fed and well-rested to keep her strength up for this extremely physical challenge.

**TRAINER:** ERIN  
**GOLD'S GYM:** MERRIFIELD



Our challengers meet with their Gold's Gym Personal Trainers each Tuesday to improve their physical fitness. Membership information at: [www.goldsgym.com](http://www.goldsgym.com)

### HAVE FUN AND DON'T HOLD BACK!

Meaghan was out to win this challenge. She took six classes in one day, and Jenny made sure Meaghan's caloric intake was appropriate for her level of training. Some of Jenny's co-workers and clients even attended class with Meaghan to help motivate and cheer her on!

**TRAINER:** JENNY  
**GOLD'S GYM:** BALLSTON



### SCHEDULE TIME TO BURN CALORIES.

Anthony has a busy schedule, but he and Cameron picked classes for the week that covered all four GGX categories, focusing on classes that burn the most calories, including BODYPUMP and cycle. Anthony is still losing body fat, and has lost a total of 27 pounds!

**TRAINER:** CAMERON  
**GOLD'S GYM:** FAIRFAX STATION



### STAY FOCUSED WITHOUT COMPROMISING YOUR HEALTH.

Kim was fighting a cold this week, but still managed to fit five GGX classes into her schedule, of three different types. Her favorite was BODYCOMBAT. Tasha advised her to be sure she was getting enough rest, an important part of any fitness program.

**TRAINER:** TASHA  
**GOLD'S GYM:** CAPITOL HILL



### FIND YOUR COMFORT ZONE.

With Michael's encouragement, Greg used this challenge to experiment with all the GGX class types to find classes he feels comfortable with. He found he enjoyed the supportive environment of attending classes with other people, and he especially liked cycle, BODYCOMBAT and BODYPUMP.

**TRAINER:** MICHAEL  
**GOLD'S GYM:** ROCKVILLE TOWN SQUARE



### SET GOALS TO STAY ON TARGET.

Chris encouraged Larry to use this challenge to burn calories and work toward a goal of losing 5 pounds this week. Larry was extremely successful; he managed to attend classes in all four categories, plus he lost 4.6 pounds!

**TRAINER:** CHRIS  
**GOLD'S GYM:** MIDTOWN

## COLLECTIVELY THEY ATTENDED 88 CLASSES IN ONE WEEK!

Points for Challenge 2 will be awarded September 15th.

Points are awarded weekly for weight loss and competitive challenges. In the event of no weight loss, or a less than 1% weight gain, contestants receive 0 points. Over 1% weight gain, contestants lose points proportional to their percentage of weight gain.

Cheer for your favorite challengers online at [www.expressnightout.com/goldschallenge](http://www.expressnightout.com/goldschallenge)

CHALLENGERS	LAST WEEK	THIS WEEK	% OF WEIGHT LOSS	POINTS FOR WEIGHT LOSS	TOTAL POINTS AWARDED
KIM	178.2	176.2	0.89	5	35
MEAGHAN	176.2	175.0	0.68	3	30
ANTHONY	246.0	244.0	0.81	4	28
LARRY	333.2	328.6	1.38	6	28
GREG	224.0	224.0	0.00	0	22
JAMIE	188.0	187.5	0.26	2	21

## STETHOSCOPE



## MOOD

## Elderly and Ecstatic

■ Know any crotchety, mean old people? Good thing you didn't know them decades ago, before they needed the dentures. That's because researchers from the University of California, Irvine, have found that levels of happiness and emotional well-being rise over time. Their years of life experience help them avoid stressful situations and allow them to handle criticism better than young whippersnappers.

## SOCIOLOGY

## 'Mad Men' Manners

■ That corner office comes with a not-so-nice side effect: sexual harassment. Findings presented at the American Sociological Association's annual meeting indicated that women in supervisory positions are more likely to be targets than women in entry-level positions. Men suspected of being gay also experienced more sexual harassment from co-workers. In almost all cases, with either male or female victims, the perpetrators were guys.

## SEX

## Casual Acquaintances

■ You can guess what happened when British researchers gave questionnaires to 860 American, German and Italian students asking how likely they were to date, go to the apartment of or have casual sex with an attractive stranger. Yep, the dudes were more likely than the ladies to be interested in all three options. But the study, published in *Human Nature*, shed light on cultural differences. Of the men, the Germans were the least interested in any of the activities, while the Italian were the most eager for sex.



ISTOCK

Women in the U.S. could stand to learn a thing or two from the ladies of other nations who have longer life expectancies, and fewer heart attacks and colon cancer cases.

# Globe-Trot for Healthier Habits

Here's how women around the world stay in tip-top shape — and what we can all learn from them

## Where women live the longest:

1. JAPAN; 2. MONACO; 3. ANDORRA; 4. AUSTRALIA; 5. SPAIN

### WHAT YOU CAN LEARN FROM JAPAN:

→ **SAY YES TO SOY:** "At least 40 percent of the Japanese population eats miso soup made from soybeans for breakfast every day," says Letha Hadady, a leading expert on Asian herbal medicine and the author of *"Feed Your Tiger."* Studies show that women who eat soy at least once a week cut their risk of breast cancer by 50 percent. But some research suggests that processed soy may actually rev up cancer cells, so stocking your fridge with Tofurky won't cut it. Stick to natural Japanese staples such as edamame and soy milk.

→ **TRADE COFFEE FOR TEA:** More than half the Japanese population drinks green tea every day, and experts believe that its high levels of catechins — an antioxidant — can destroy abnormal cancer cells and lower cholesterol.

## Where women rarely have heart attacks:

1. KIRIBATI; 2. FRANCE; 3. JAPAN; 4. MONACO; 5. SOUTH KOREA

### WHAT YOU CAN LEARN FROM FRANCE AND SOUTH KOREA:

→ **DRINK WINE:** The French sip a glass of wine daily, while the average American opts for one a week. But moderate vino drinking slashes the risk of heart disease by up to 40 percent, according to the Harvard School of Public Health.

→ **EAT MORE GARLIC:** No Korean meal is complete without kimchi — a side dish that's heavy on raw garlic. The secret to its heart-protecting power is an enzyme in the garlic that prevents cholesterol from sticking to artery walls. But it's released only when the cloves are finely chopped or crushed, and heating weakens its effects. Top fish, pasta or veggies with chopped fresh garlic just before serving, or get kimchi in the supermarket or online at Koamart.com.

## Where women don't get fat (though there's plenty of food):

1. JAPAN; 2. NORWAY; 3. SWITZERLAND; 4. ITALY; 5. DENMARK

### WHAT YOU CAN LEARN FROM ITALY AND SWITZERLAND:

#### → SNOOZE IN THE AFTERNOON:

Just 3 percent of American women score afternoon shut-eye, but "across Italy, shops and businesses shut down between 1 and 4 p.m. so that people can rest," says Melissa Kelly, author of *"Mediterranean Women Stay Slim, Too."* "Siestas help boost your energy, so you don't need a sugary pick-me-up snack in the afternoon."

#### → TAKE A SPIN AROUND TOWN:

How do the Swiss stay slim surrounded by chocolate and cheese? They make almost 30 percent of their trips on foot, 10 percent by bike and just 38 percent by car. Compare that with how Americans get around: 1 percent by hoofing it, 9 percent on two wheels and 84 percent by car. Do some errands on foot, and grab your bike and head to a riding trail (find one near you at Traillink.com).

## Where women rarely get colon cancer:

1. SENEGAL; 2. GAMBIA; 3. FIJI; 4. GUINEA; 5. CAMEROON

### WHAT YOU CAN LEARN FROM CAMEROON:

→ **GO WILD WITH GREENS:** "Diet is the most important factor when it comes to preventing colon cancer," says Daphne Miller, author of *"The Jungle Effect: A Doctor Discovers the Healthiest Diets from Around the World."* She found that most Cameroonian dishes call for folate-rich wild greens, which may slash colon cancer risk by 60 percent.

→ **PROTECT YOUR GUT:** "Fermented foods are diet staples throughout West Africa, and they're packed with probiotics, which maintain colon-protecting bacteria in the gut and may ward off cancer," Miller says. Cameroonians get their fermented fix from homebrewed beer, sour milk and fermented corn. You can't find that at your local grocery store, so, instead, go for cottage cheese or yogurt (check the label for the "Live and Active Cultures" seal).

HOLLY C. CORBETT (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

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Washington, DC trade association seeks Assistant to handle correspondence, telephone calls, and on-site logistics of association conferences, workshops, and committee meetings. Must be organized and have the ability to produce accurate complete work. High school graduate with a minimum of 3 to 5 years secretarial experience; some college preferred. The position requires a high degree of skill in grammar, spelling and punctuation; accurate, neat and complete typing. Excellent skills and experience with the entire MS Office Suite required. Good communication skills, both oral and written, are essential. Excellent proofreading skills. Individual must be capable of performing substantial administrative functions and work with minimum supervision. Individual must be able to handle several projects simultaneously. Good organizational skills are a must. Travel may be required.

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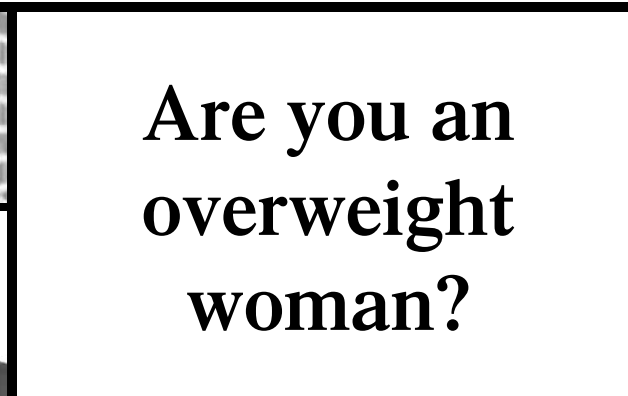
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# lookout



## The New Class

Kelly Osbourne and other 'stars' head for the dance floor | **30**



CHRISTOPHER BARTT/AP

Kiss is coming to a Wal-Mart near you.

## The Kiss Of Big Business

**Wal-Mart offers its services to a classic heavy-metal group**

**DEAL** | Veteran heavy-metal group Kiss is joining a growing list of classic acts putting out new music through Wal-Mart, the world's largest retailer.

"Sonic Boom" is due to be released only at Wal-Mart and Sam's Club stores on Oct. 6. The three-disc package will include a CD of the band's first new music in 11 years, re-recorded versions of famous Kiss hits and a live DVD.

Paul Stanley — one of the quartet's two original members, along with Gene Simmons — said the band chose to release the album at Wal-Mart because the store allowed them to make it memorable.

"They offered us an opportunity to do something that's very much in line with what we used to do, and that's to give people more than just an album of music," Stanley said. "We've always believed in trying to make an album a special event." NEKESA MUMBI MOODY (AP)

# The Road to Greatness

**Jay Reatard's 'Watch Me Fall' is another step in his journey toward brilliance**

**MUSIC** | In the fittingly brief documentary "Waiting for Something," Jay Reatard characterizes himself accordingly: "I'm kind of a jack-off of all trades. I'd rather be half-assed at a hundred things than be a virtuoso at one, because there's not much depth to being able to do the same thing all the time."

He goes on to disparage his musicianship, and while it's true that Reatard's only similarities with Yngwie Malmsteen are his wild mane and fondness for Gibson Flying V guitars, he has demonstrated plenty of proficiency at one crucial skill: songwriting.

Reatard's latest album, "Watch Me Fall," is his second full-length release and his first proper album for Matador Records, and he continues to evolve from his pickle-bucket percussion days. Reatard's early work was fast, frantic garage punk, but his recent recordings showcase a gradual shift toward melodic pop. (His live show has not yet undergone the same evolution and still includes liberal doses of his wilder pre-Matador songs.)

"Watch Me Fall" is barely identifiable as the work of the same artist who spent his teens penning primitive, heavily distorted songs such as "Puke on You" and "Bummer Bitch." Don't let the hooks or the keyboards fool you; Reatard is



**EVOLUTION IN ACTION:** Reatard moves his music in the right direction without abandoning his essence on "Watch Me Fall."

still far from an upbeat guy. The first single, "It Ain't Gonna Save Me," concludes with 40 seconds of variations on the lyric "All is lost, there is no hope." The title of "Can't Do It Anymore" is pretty self-explanatory, and "I'm Watching You" — presented here in a more fleshed-out manner than the version that appeared on last year's "Matador Singles '08" — is a straight-up stalker song.

But the music remains light and bouncy throughout "Watch Me Fall" as Reatard seemingly attempts to

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→ To watch the documentary "Waiting for Something" and a Jay Reatard music video, visit us online.

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make a clean — literally — break from his distorted past.

"Watch Me Fall" includes fewer stand-out songs than the Matador singles compilation, but that's to be expected, given that those tracks were all previously released as vinyl singles, which demands a

certain degree of immediacy. The instant adrenaline rush of his past work is also missing, but it's easy to see this as a transition album in Reatard's career. The aesthetic shift is a logical step for someone who's spent half his life bashing out slabs of hyperspeed punk rock and has discovered that volume and velocity aren't always synonymous with quality.

"Watch Me Fall" is a very good album, and it's the first step toward making it possible for that great album to exist. MEG ZAMULA



**SEQUELS Undercover Brothers** The Wayans Brothers and Sony are developing a sequel to the 2004 comedy "White Chicks," which will see Marlon and Shawn Wayans reprise their roles as sibling FBI agents posing as a pair of white women. Keenen Ivory Wayans is on board to direct. The original was a surprise hit, grossing almost \$70 million domestically. Keenen Ivory Wyans last directed 2006's "Little Man," and Marlon Wayans can currently be seen in "G. I. Joe: The Rise of Cobra." (THE HOLLYWOOD REPORTER)

# Tarantino's Sweet Revenge

**The fantastical flick 'Inglourious Basterds' gives Nazis a taste of their own terror**

**MOVIE** | "If you don't want to see Nazis getting hit in the head with a baseball bat in a movie called 'Inglourious Basterds,' you're in the wrong part of the Cineplex."

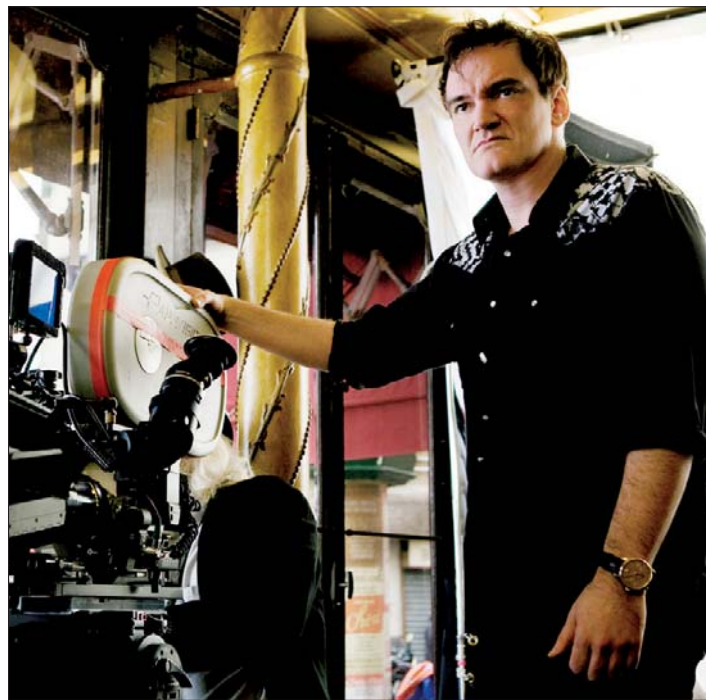
That's the warning director Quentin Tarantino has for would-be viewers of his newest film, a revenge fantasy set in Nazi-occupied France. The so-called Inglourious Basterds are a company of Jewish-American soldiers under the command of a half-Apache leader (played by Brad Pitt), assigned to kill Nazis. These "men on a mission" have carte blanche to dispose of the enemy in any way they see fit, be it a Louisville

Slugger blow to the head or a good old-fashioned scalping. The goal is to strike fear into the hearts and minds of German soldiers, and these "Basterds," as they are known to the enemy, get their message across loud and clear.

For Eli Roth, who plays one of the avenging Americans, "Inglourious Basterds," (in theaters Friday) is kosher porn.

"To kill a Nazi is something I've fantasized about since I was a kid growing up in Newton, Mass.," says Roth, best known for his "Hostel" films. "And getting to play it out ... it was quite orgasmic."

In the film, Roth plays a character nicknamed "the Bear Jew" because of his fearsome killing style. His weapon of choice is a baseball bat, which he uses liberally on Nazi soldiers whenever they cross his path in German-occupied



Quentin Tarantino looks on pensively during the filming of "Inglourious Basterds."

France circa 1944.

Of course, you don't have to be Jewish to hate Nazis, as Roth discovered. "Going over to Germany [where 'Inglourious Basterds' was filmed last year], it was great to see the Germans really hated the Nazis as much as Jews did," Roth marvels.

**“If you don't want to see Nazis getting hit with a bat, you're in the wrong part of the Cineplex.”**

"If anyone else has been burdened by this legacy, it's them."

"Inglourious Basterds" marks Tarantino's seventh feature film, following "Reservoir Dogs," "Pulp Fiction," "Jackie Brown," "Kill Bill" volumes 1 and 2, and "Death Proof." He also was a guest director for a segment of Frank Miller's noirish "Sin City." ANGELA DAWSON (ENTERTAINMENT NEWS WIRE)

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# top stops

**Compiled by** Express' Fiona Zublin. Read more of our picks every day at [Expressnightout.com/topstops](http://Expressnightout.com/topstops).

## Can't Stop, Won't Stop

**FREE** | Instead of the usual album-cover-as-art-exhibit, Flashpoint's new show, "M3: MCs, Mics and Metaphors," is a collection of visual art inspired by hip-hop luminaries and lyrics. The works are as variable as the artists who gave rise to them: You'll see photographs, paintings, videos, animations, fashion and the always intimidating "mixed media." f.z.  
→ *Flashpoint, 916 G St. NW; through Aug. 29, free; 202-315-1305, Flashpointdc.org. (Gallery Place)*

## 2 What a Glorious Feelin'

**FREE** | Blah-blah outdoor film festival. Blah-blah bring a blanket and your family. It's August. You know how this works by now. The Comcast Outdoor Film Festival lasts through Friday, and we like tonight's screening of "Singin' in the Rain," maybe the best movie musical ever made, in which a silent film star struggles to adapt to talkies. But the festival will be showing "Twilight" tomorrow, if that's more your thing. f.z.  
→ *Mansion at Strathmore, 10701 Rockville Pike, North Bethesda; 8:15 p.m., free; 301-816-6958. (Grosvenor)*



## 3 Art Is Truth Is Art Is ...?

**FREE** | We'll never be able to balance, as a species, the art that illuminates life's truth and the art that obscures it. "Paradox Now!," an exhibit at Arlington Arts Center, attempts to at least ask questions about this central dilemma using high-concept performance- and video-based art. It doesn't answer those questions, but that was probably too much to ask from one art show. f.z.  
→ *Arlington Arts Center, 3550 Wilson Blvd., Arlington; through Aug. 22, free; 703-248-6800. (Virginia Square)*

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ICE AGE: DAWN OF THE DINOSAURS 3D - EVENT PRICING (PG) ★	(1100 110 330 545) 805 1020	
PERFECT GETAWAY (R) - ID REQ'D	(1250 315 530) 830 1045	
RW & DA: DISTRICT 9 (R) - ID REQ'D	(1205 PM) 1205 PM	
FUNNY PEOPLE (R) - ID REQ'D	(1200 310) 625 935	
THE ORPHAN (R) - ID REQ'D	(225 520) 810 1055	
THE UGLY TRUTH (R) - ID REQ'D	(1235 255 525) 750 1010	
HARRY POTTER: HALF BLOOD PRINCE (PG)	(105 420) 735 1100	
HURT LOCKER (R) - ID REQ'D	(115 415 715 1015	
TRANSFORMERS: REVENGE OF THE FALLEN (PG-13)	(1240 PM) 1240 PM	
HANGOVER (R) - ID REQ'D	(215 440) 710 925	
UP (PG)	(1155 AM) 1155 AM	
RW & DA: DISTRICT 9 (R) - ID REQ'D	(1220 300) 605 840 1115	
ROYALE STADIUM 14		
5500 Arundel Blv. Annapolis, MD 301-384-1165		
DISTRICT 9 (R) - ID REQ'D	(100 340) 645 930	
THE TIME TRAVELER'S WIFE (PG-13)	(140 415) 720 1000	
THE GOODS: LIVE HARD, SELL HARD (R) - ID REQ'D	(115 355) 700 945	
PONYO (G)	(130 350) 710 935	
BANDSLAM (PG)	(125 405) 650 925	
G.I. JOE (PG-13)	(120 200 410 445) 655 740 940 1030	
PERFECT GETAWAY (R) - ID REQ'D	(150 430) 725 955	
JULIE & JULIA (PG-13)	(135 425) 715 1005	
THE COLLECTOR (R) - ID REQ'D	(145 PM 455 PM) 895 PM	
FUNNY PEOPLE (R) - ID REQ'D	(135 440) 735 1020	
THE ORPHAN (R) - ID REQ'D	(205 435) 745 1010	
THE UGLY TRUTH (R) - ID REQ'D	(110 345) 705 920	
G-FORCE 3D - EVENT PRICING (PG) ★	(105 PM 420 PM) 730 PM	
HARRY POTTER: HALF BLOOD PRINCE (PG)	(105 PM 420 PM) 730 PM	
BETHESDA 10		
1777 Wisconsin Avenue 800-FANDANGO 558#		
THE TIME TRAVELER'S WIFE (PG-13)	(245 515) 745 1015	
DISTRICT 9 (R) - ID REQ'D ★	(220 455) 730 1005	
THE GOODS: LIVE HARD, SELL HARD (R) - ID REQ'D	(120 330 540) 750 1010	
BANDSLAM (PG)	(150 430) 710 950	
PERFECT GETAWAY (R) - ID REQ'D	(100 320 540) 800 1020	
JULIE & JULIA (PG-13)	(145 430) 715 1000	
THE ORPHAN (R) - ID REQ'D	(130 445) 740 1020	
FUNNY PEOPLE (R) - ID REQ'D	(1250 350) 650 945	
HARRY POTTER: HALF BLOOD PRINCE (PG)	(200 PM 515 PM) 830 PM	
THE PROPOSAL (PG-13)	(115 PM) 940 PM	
HANGOVER (R) - ID REQ'D	(500 PM) 720 PM	
BOWIE STADIUM 14		
16400 Montross Blvd Bowie, MD 800-FANDANGO 454#		
PIRATES WHO DON'T DO ANYTHING: VEGGIE TALE MOVIE (G)	(1000 AM) 1000 AM	
MONSTER HOUSE (PG)	(1135 210 450) 730 1010	
THE TIME TRAVELER'S WIFE (PG-13)	(1155 220 505) 740 1015	
BANDSLAM (PG)	(1200 335 510) 735 1005	
PONYO (G)	(1120 125 345) 600 815 1030	
DISTRICT 9 (R) - ID REQ'D ★	(1145 145 230 425 515) 710 800 1000 1035	
G.I. JOE (PG-13)	(1140 130 215 415 500) 745 945 1030	
PERFECT GETAWAY (R) - ID REQ'D	(1115 225 445) 720 940	
JULIE & JULIA (PG-13)	(1100 150 430) 715 955	
ALIENS IN THE ATTIC (PG)	(1100 AM) 1100 AM	
FUNNY PEOPLE (R) - ID REQ'D	(315 PM) 625 PM 935 PM	
THE ORPHAN (R) - ID REQ'D	(1115 140 435) 725 1020	
G-FORCE 3D - EVENT PRICING (PG) ★	(1125 155 420) 655 915	
HARRY POTTER: HALF BLOOD PRINCE (PG)	(1130 AM 310 PM) 620 PM	
HANGOVER (R) - ID REQ'D	950 PM	

GALLERY PLACE STADIUM 14		
701 Seventh St NW 800-FANDANGO 1721#		
DISTRICT 9 (R) - ID REQ'D ★	(1230 145) 330 430 630 720 930 1010	
THE TIME TRAVELER'S WIFE (PG-13)	(1130 215) 500 740 1020	
THE GOODS: LIVE HARD, SELL HARD (R) - ID REQ'D	(1210 240) 510 730 1000	
PONYO (G)	(1150 220) 445 710 940	
OC: G.I. JOE (PG-13)	310 PM 910 PM	
G.I. JOE (PG-13)	(1200 150) 450 620 755 1035	
PERFECT GETAWAY (R) - ID REQ'D	(1220 300) 530 810 1040	
JULIE & JULIA (PG-13)	(1245) 400 700 950	
FUNNY PEOPLE (R) - ID REQ'D	(1240) 350 705 1015	
THE UGLY TRUTH (R) - ID REQ'D	(1135 200) 425 650 920	
TURBO 3D - EVENT PRICING (PG) ★	(1140 155 410) 640 900	
500 DAYS OF SUMMER (PG-13)	(1215 235) 515 745 1005	
HARRY POTTER: HALF BLOOD PRINCE (PG)	(1225 PM) 345 PM 715 PM	
HANGOVER (R) - ID REQ'D	1045 PM	
BALLSTON COMMON STADIUM 12		
571 N Glebe Rd 800-FANDANGO 377#		
THE GOODS: LIVE HARD, SELL HARD (R) - ID REQ'D	(1240 145 340 440) 625 725 910 1010	
DISTRICT 9 (R) - ID REQ'D ★	(110 210 355 455) 640 740 925 1025	
PERFECT GETAWAY (R) - ID REQ'D	(230 515) 750 1020	
JULIE & JULIA (PG-13)	(1220 120 320 420) 620 720 915 1015	
FUNNY PEOPLE (R) - ID REQ'D	(130 PM 445 PM) 800 PM	
G-FORCE 3D - EVENT PRICING (PG) ★	(140 405) 630 855	
HARRY POTTER: HALF BLOOD PRINCE (PG)	(1245 PM 415 PM) 745 PM	
ICE AGE: DAWN OF THE DINOSAURS (PG)	(115 PM 430 PM) 115 PM	
PUBLIC ENEMIES (R) - ID REQ'D	655 PM 1005 PM	
THE PROPOSAL (PG-13)	(100 400) 700 1000	
STAR TREK (PG-13)	(1230 345) 650 955	
POTOMAC YARD STADIUM 16		
3575 Jefferson Davis Hwy 800-FANDANGO 690#		
THE TIME TRAVELER'S WIFE (PG-13)	(1245 145 340 440) 625 725 910 1010	
BANDSLAM (PG)	(1040 130 420) 710 1000	
THE GOODS: LIVE HARD, SELL HARD (R) - ID REQ'D	(1230 300 525) 750 1015	
DISTRICT 9 (R) - ID REQ'D ★	(100 200 350 450) 640 740 930 1030	
PONYO (G)	(1115 155 435) 685 950	
G.I. JOE (PG-13)	(1020 1120 210 410 510) 700 800	
OC: G.I. JOE (PG-13)	(110 PM) 955 PM	
PERFECT GETAWAY (R) - ID REQ'D	(1145 220 455) 735 1005	
JULIE & JULIA (PG-13)	(1020 120 425) 730 1040	
THE ORPHAN (R) - ID REQ'D	(1200 325) 650 1025	
THE UGLY TRUTH (R) - ID REQ'D	(1220 255 530) 810	
G-FORCE 3D - EVENT PRICING (PG) ★	(1210 235 500) 720 945	
HARRY POTTER: HALF BLOOD PRINCE (PG)	(1125 250) 615 940	
HANGOVER (R) - ID REQ'D	(1215 245 530) 805	
KINGSTOWNE STADIUM 16		
5910 Kingstowne Towne Center 703-822-4955		
RW & DA: DISTRICT 9 (R) - ID REQ'D	(100 345) 630 905	
THE GOODS: LIVE HARD, SELL HARD (R) - ID REQ'D	(1200 235 500) 715 930	
PONYO (G)	(1235 230 505) 735 1000	
THE TIME TRAVELER'S WIFE (PG-13)	(1140 215 320 455) 615 730 850 1020	
BANDSLAM (PG)	(1115 510 740) 910 950	
DISTRICT 9 (R) - ID REQ'D ★	(1130 205 440) 745 1025	
G.I. JOE (PG-13)	(1135 220 405 515) 650 800 935 1045	
PERFECT GETAWAY (R) - ID REQ'D	(135 415) 725 945	
JULIE & JULIA (PG-13)	(1115 610 740) 945	
FUNNY PEOPLE (R) - ID REQ'D	(1220 350) 700 1010	
THE UGLY TRUTH (R) - ID REQ'D	(255 520) 755 1015	
G-FORCE 3D - EVENT PRICING (PG) ★	(1125 140 355) 640 855	
500 DAYS OF SUMMER (PG-13)	(210 430) 650 915	
HARRY POTTER: HALF BLOOD PRINCE (PG)	(1150 AM 315 PM) 635 PM	
TRANSFORMERS: REVENGE OF THE FALLEN (PG-13)	(1250 PM) 1250 PM	
HANGOVER (R) - ID REQ'D	(1245 PM) 1245 PM	
MONSTER HOUSE (PG)	955 PM	
PIRATES WHO DON'T DO ANYTHING: VEGGIE TALE MOVIE (G)	(1000 AM) 1000 AM	

COUNTRYSIDE STADIUM 20

45980 Regal Plaza 800-FANDANGO 394#

PONYO (G)

(110 355) 700 935

DISTRICT 9 (R) - ID REQ'D ★

(1255 200 340 450) 640 740 930 1030

THE GOODS: LIVE HARD, SELL HARD (R) - ID REQ'D

(1240 305 540) 800 1020

THE TIME TRAVELER'S WIFE (PG-13)

(1245 150 325 440) 615 730 855 1010

BANDSLAM (PG)

(130 420) 710 1025

500 DAYS OF SUMMER (PG-13)

(1230 350) 620 850

OC: G.I. JOE (PG-13)

(430 PM) 1015 PM

G.I. JOE (PG-13)

(1210 125 230 300 335 520) 625 650 720 810 920 940

PERFECT GETAWAY (R) - ID REQ'D

(220 510) 750 1025

JULIE & JULIA (PG-13)

(100 400) 655 950

ALIENS IN THE ATTIC (PG)

(1230 PM) 1230 PM

FUNNY PEOPLE (R) - ID REQ'D

(1205 320) 635 955

G-FORCE (PG)

(1220 PM 240 PM) 500 PM

THE UGLY TRUTH (R) - ID REQ'D

(145 415) 645 915

G-FORCE 3D - EVENT PRICING (PG) ★

(140 410) 640 900

HARRY POTTER: HALF BLOOD PRINCE (PG)

(1200 315) 630 945

ICE AGE: DAWN OF THE DINOSAURS (PG)

(250 PM) 610 PM 840 PM

TRANSFORMERS: REVENGE OF THE FALLEN (PG-13)

(1215 PM) 1215 PM

THE PROPOSAL (PG-13)

725 PM 1005 PM

FOX STADIUM 16

2225 S Crawford Plz. Ashburn, VA 703-957-1081#

DISTRICT 9 (R) - ID REQ'D ★

(1250 330) 610 850

RW & DA: DISTRICT 9 (R) - ID REQ'D

(220 500) 740 1020

THE TIME TRAVELER'S WIFE (PG-13)

(1240 210 320 450) 600 720 830 950

BANDSLAM (PG)

(130 410) 710 1025

THE GOODS: LIVE HARD, SELL HARD (R) - ID REQ'D

(1150 245 530) 750 1010

PONYO (G)

(1135 200 430) 720 930

G.I. JOE (PG-13)

(1230 140 310 420 550) 730 840 1015

JULIE & JULIA (PG-13)

(110 400) 715 1000

PERFECT GETAWAY (R) - ID REQ'D

(1210 240 520) 800 1035

ALIENS IN THE ATTIC (PG)

(100 PM) 100 PM

FUNNY PEOPLE (R) - ID REQ'D

(315 PM) 630 PM 945 PM

THE UGLY TRUTH (R) - ID REQ'D

(1220 540) 610 1030

G-FORCE 3D - EVENT PRICING (PG) ★

(1200 230 440) 650 910

500 DAYS OF SUMMER (PG-13)

(1230 350) 640 900

HARRY POTTER: HALF BLOOD PRINCE (PG)

(1145 AM 300 PM) 620 PM

HANGOVER (R) - ID REQ'D

940 PM

Fairfax Towne Center 10

4110 W. Ox Road 800-FANDANGO 670#

G.I. JOE (PG-13)

1035 PM

THE TIME TRAVELER'S WIFE (PG-13)

(1230 110 150 230 320 400 440 520) 610 650 730 810 900 940 1020

THE UGLY TRUTH (R) - ID REQ'D

(120 340 540) 410 700 720 920 1010

G-FORCE 3D - EVENT PRICING (PG) ★

(1250 PM 420 PM) 650 PM

500 DAYS OF SUMMER (PG-13)

(1230 350) 640 900

HARRY POTTER: HALF BLOOD PRINCE (PG)

(1145 AM 300 PM) 620 PM

TRANSFORMERS: REVENGE OF THE FALLEN (PG-13)

(1215 PM) 1215 PM

UP (PG)

(100 PM 330 PM)

MANASSAS STADIUM 14

11380 Bulloch Drive 800-FANDANGO 490#

THE GOODS: LIVE HARD, SELL HARD (R) - ID REQ'D

(245 530) 615 940

PONYO (G)

(130 440) 645 1040

THE TIME TRAVELER'S WIFE (PG-13)

(1230 330) 730 1015

BANDSLAM (PG)

(145 445) 745 1045

DISTRICT 9 (R) - ID REQ'D ★

(1045 215 515) 800 945

G.I. JOE (PG-13)

(1015 100 345 430) 630 715 915 1000

PERFECT GETAWAY (R) - ID REQ'D

(110 410) 710 940

JULIE & JULIA (PG-13)

(1230 315) 600 845

ALIENS IN THE ATTIC (PG)

(1210 PM) 1210 PM

FUNNY PEOPLE (R) - ID REQ'D

(320 PM) 640 PM 950 PM

THE ORPHAN (R) - ID REQ'D

(1020 PM) 1020 PM

THE UGLY TRUTH (R) - ID REQ'D

(1220 415) 720 945

G-FORCE 3D - EVENT PRICING (PG) ★

(1150 330) 615 930

500 DAYS OF SUMMER (PG-13)

(1150 340) 610 810

HARRY POTTER: HALF BLOOD PRINCE (PG)

(1145 AM 300 PM) 700 PM

TRANSFORMERS: REVENGE OF THE FALLEN (PG-13)

(1245 PM) 1245 PM

# On PBS, Less Says More

**'P.O.V.'** showcases four short films that are poetic in their brevity

**IN BRIEF** | Tonight's "P.O.V." (10 p.m., PBS) offers a glimpse of four short, lyrical films about offbeat subjects that seem best suited to the truncated take.

"34x25x36" visits a mannequin factory where musings on the female form range from crass commercialism to more exalted.

"Utopia, Part 3: The World's Largest Shopping Mall" offers a tale of consumer-culture overkill. When developers near Guangzhou, China, decided to build a mall, they didn't expect zero customers to show up.

A tale of ecology, culture and squirrels, "Nutkin's Last Stand" looks at efforts in northern Eng-



In "City of Cranes," construction workers discuss their bird's-eye view of London.

land to rid the woods of invasive gray squirrels who have threatened the very existence of their native red cousins.

Arguably the most visually beautiful of the quartet, "City of Cranes" offers a breathtaking view of crane operators at London's many building sites. More

than one interviewee likens his job to 19th-century seamen who spent their days atop the masts and rigging of sailing ships. They exult in the bird's-eye view of their city and the sense of solitude and time for daydreaming that their profession affords. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

## tonight's lineup

### TOO MUCH 'TALENT'

Three hours of **AMERICA'S GOT TALENT** (a rerun at 8 p.m., and new episodes at 9 p.m. and 10 p.m., NBC).

### A RAGING CHEF TO MATCH

Raging ovens on **HELL'S KITCHEN** (8 p.m., Fox).

### WHO DOESN'T?

Regis Philbin hosts **WHO WANTS TO BE A MILLIONAIRE** (8 p.m., ABC).

### HEATED EXCHANGES

Feelings smolder after a brushfire evacuation on **10 THINGS I HATE ABOUT YOU** (8 p.m., Family).

### GRAND SCHEME OF THINGS

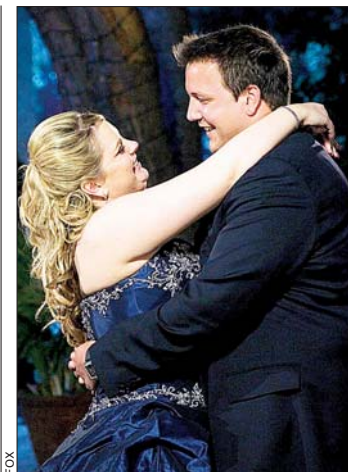
The cosmic astronomy series **THE UNIVERSE** (9 p.m., History) returns.

### THE BIGGER BACHELOR

Luke tries to make a connection on **MORE TO LOVE** (9 p.m., Fox).

### YOU GO, GIRLS

**THE SECRET LIVES OF WOMEN** (10 p.m., WE) returns for a fifth season of stunning profiles of seemingly ordinary women with remarkable stories and secrets.



Luke and Heather share a dance on the Fox dating reality show "More to Love."

### HEY, BIG TALKER

Janet spills all on **RESCUE ME** (10 p.m., FX).

### UNLIKELY HERO

**REAL SPORTS WITH BRYANT GUMBEL** (10 p.m., HBO) profiles a homeless man who saved a town's Little League. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

## MILITARY MATTERS

### SHIP'S HATCH

- Retirement & promotion gifts
- flag cases • pen sets
- ships clocks • barometers
- ships bells & wheels
- military ball caps • nautical gifts
- decorations • tables • etc.

1677 Crystal Square Arcade, Arlington VA 22202 • 703-413-6289 • [www.shipshatch.com](http://www.shipshatch.com)

Walk or Run. Either Way  
It's 13.1 Beautiful Miles!



Train with the BEST!

Join Team In Training for a Preview Party to learn more about our NEWEST event:

Women's Running Magazine  
Women's Half Marathon to Benefit  
The Leukemia & Lymphoma Society

Thursday, August 20 @ 6:30 p.m.  
Lululemon Athletica, 3265 M Street, NW

703.399.2942

[www.teamintraining.org/nca](http://www.teamintraining.org/nca)

WeekendPass pulses. Thursday.

Express Travel Wednesdays.

## Anxious and Depressed?

Consider participation in a research study

**1-877-MIND-NIH**

(1-877-646-3644)

email: [moodresearch@mail.nih.gov](mailto:moodresearch@mail.nih.gov)

If you (or someone you know) have been diagnosed with major depression and have anxiety symptoms, you may be able to participate in an NIMH research study that seeks to decrease symptoms of depression and understand the causes of anxious depression. Anxiety symptoms may include tension, worry, apprehension, restlessness, or loss of appetite.

This study evaluates the effectiveness and safety of the study drug AZD2327, in the treatment of major depression and anxiety symptoms. This drug has a different mechanism of action from commonly used SSRI's (selective serotonin reuptake inhibitors) for anxiety and depression. *There is the chance of receiving placebo in this study.*

After study completion, NIMH will provide short-term follow-up care, and then you will return to the care of your own provider.

(TTY: 1-866-411-1010)

<http://patientinfo.nimh.nih.gov>  
[www.clinicaltrials.gov](http://www.clinicaltrials.gov)

### Participants should:

- ♦ Be ages 18-65
- ♦ Be diagnosed with major depression and have anxiety symptoms.
- ♦ Be able to participate in a 12 week-outpatient study including an inpatient stay of 7 days in Bethesda, MD.

In addition, all research participation is without cost.

- ♦ Monetary compensation for procedures.
- ♦ Transportation reimbursement provided.

Atendemos pacientes de habla hispana.



The National Institute of Mental Health

The National Institutes of Health, Department of Health & Human Services

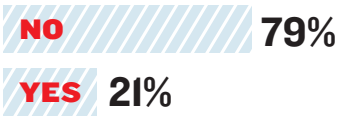


Protocol # 08-M-0196

Poll Center

DO YOU CHECK YOUR WORK E-MAIL REGULARLY WHEN YOU'RE ON VACATION?

YESTERDAY'S RESULTS AS OF 5 P.M.



“As if we had a choice — e-mail availability while on vacation is a requirement of today’s business world.”

COMMENTER AOCEA

“No way! When I’m about to go on vacation, I tell my co-workers not to e-mail me or call me unless there is a hostage situation.”

COMMENTER TEQUILA TIME

“I would say infrequently more so than regularly. And then only to clean out the clutter, to make my return to the office more enjoyable.”

COMMENTER DIOGENES

SEE HOW YOUR METRO STATION VOTED  
WWW.EXPRESSNIGHTOUT.COM



“I NEED NOT tell you that people are losing their homes, living in shelters and taking menial jobs in order to put food on the table. But she has time to form her lips and state that she is struggling on \$300,000?”

GIRLSJUSTWANNAHAVEFUNDS.COM IS STUNNED BY A WASHINGTON POST STORY ABOUT A WOMAN CLAIMING TO BE “SQUEAKING BY” WITH THAT SALARY.



ALIA SAADIA/AFPP/GETTY IMAGES



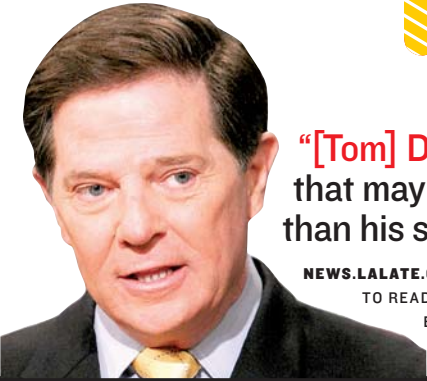
“I FOUND OUT that my wonderful mom is sending me a piece of my childhood. What is it? It’s a Yogi Bear cookie jar. She doesn’t make fun of me for it. So, that’s a double plus bonus for Mom.”

MUSINGSOFACHICK.BLOGSPOT.COM IS EXCITED BY HER MOTHER’S THOUGHTFUL GIFT-GIVING PRACTICES.



“Why would we want to stay in a country if a majority of its people didn’t want us to be there? How could we be successful in that situation?”

1001WORDS.COM DOESN’T UNDERSTAND WHY THE U.S. GOVERNMENT REPORTEDLY IS LOBBYING THE IRAQI GOVERNMENT TO SUSPEND A REFERENDUM ON PLANS TO ACCELERATE U.S. TROOPS’ DEPARTURE FROM THE COUNTRY.



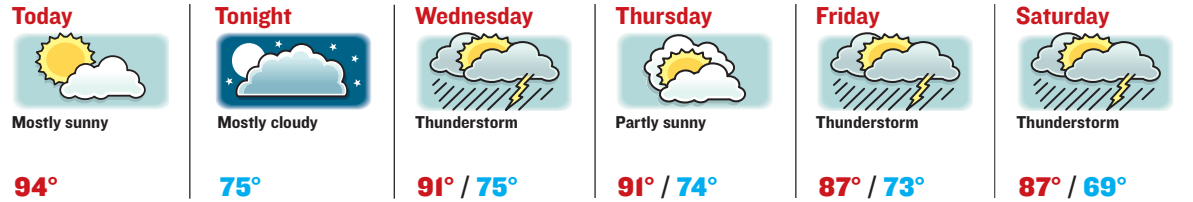
“[Tom] DeLay has a [lot] of Net-ready stories that may on any night seem more fascinating than his slick rumba.”

NEWS.LALATE.COM THINKS “DANCING WITH THE STARS” WILL SPUR ITS VIEWERS TO READ UP ON THE FORMER TEXAS REPUBLICAN REPRESENTATIVE’S CHECKERED PAST. DELAY WILL COMPETE ON THE SHOW NEXT SEASON.

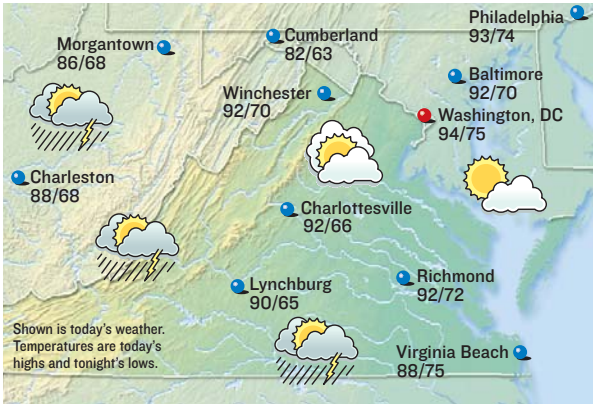
“I HATE [Whole Foods] like I hate the idea of owning a minivan. I hate [Whole Foods] more than I hate those nightmares about living with a snaggletooth.”

NOTYETAWINO.COM DOES NOT LIKE THE GROCERY CHAIN FOR REASONS COMPLETELY UNRELATED TO THE RECENT BOYCOTT MOVEMENT AGAINST THE STORES.

5 Day Forecast for the Washington Area



Regional Weather



Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature	
High	90°
Low	72°
Normal high	86°
Normal low	69°
Average humidity	57%

Precipitation	
24 hours ending 4 p.m.	0.00"
Month to date	0.79"
Normal month to date	1.87"
Year to date	24.99"
Last year to date	32.88"
Normal year to date	24.69"

For up-to-the-minute weather, see:  
washingtonpost.com/weather

Regional Forecast

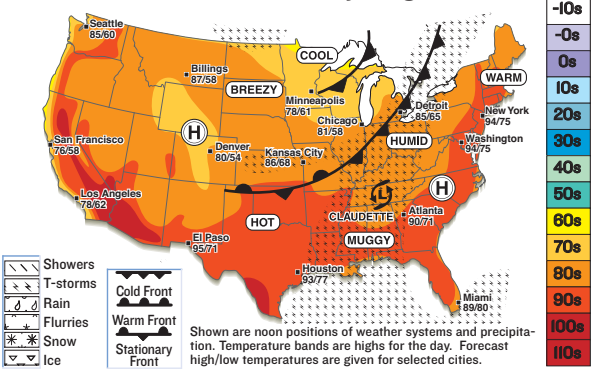
D.C. Metro: Today, mostly sunny. High 94. Wind south-southwest 6-12 mph. Tonight, mostly cloudy, humid. Low 75. Wind south-southwest 6-12 mph.

Sun and Moon

Sunrise today ..... 6:24 a.m.  
Sunset tonight ..... 7:59 p.m.  
Moonrise today ..... 4:00 a.m.  
Moonset today ..... 6:50 p.m.



National Weather for Tuesday, August 18



National Cities

City	Today Hi/Lo/W
Atlanta	90/71/t
Boston	94/72/s
Chicago	81/58/t
Dallas	99/79/s
Denver	80/54/t
Honolulu	89/74/pc
Los Angeles	78/62/pc
Miami	89/80/t
New York City	94/75/s
Orlando	90/77/t
Seattle	85/60/s

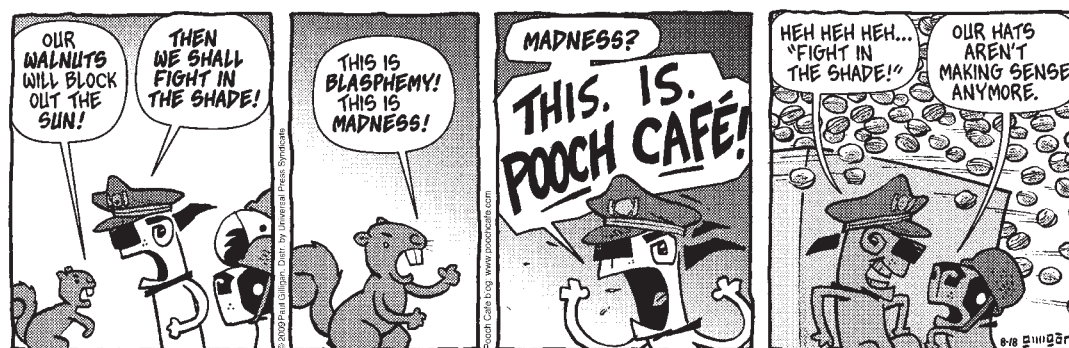
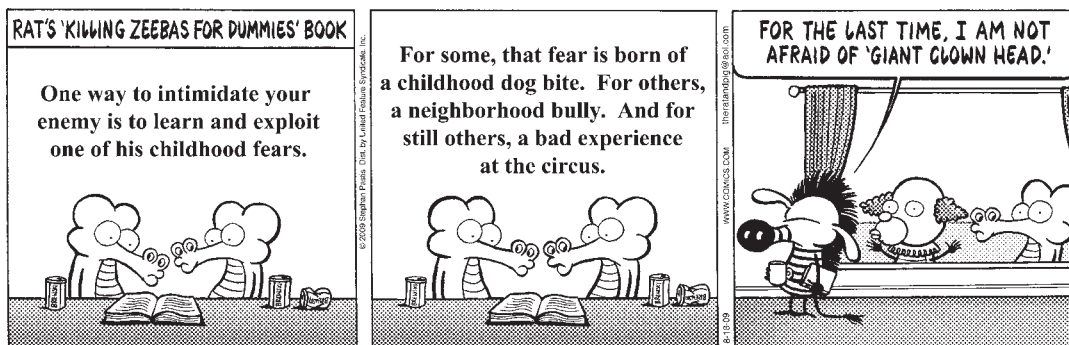
World Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Amsterdam	76/61/s	79/68/s
Athens	90/75/s	92/75/s
Berlin	75/57/s	79/64/s
Buenos Aires	57/47/pc	56/43/c
Calgary	72/48/pc	72/50/pc
Dublin	66/59/r	68/55/r
Geneva	86/61/s	87/61/s
Moscow	73/57/t	64/48/r
Rome	91/70/s	91/70/s
Sydney	70/48/s	72/48/s
Tokyo	84/75/c	84/73/c

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

**Bizarro** | Dan Piraro**Cornered** | Mike Baldwin

"Can Billy come out and compete in the global economy?"

**Pooch Cafe** | Paul Gilligan**Pearls Before Swine** | Stephan Pastis**The Duplex** | Glenn McCoy**Horoscope**

By Stella Wilder

**LEO (July 23-Aug. 22)** You mustn't let the fear of mistakes keep you from trying something new and potentially quite profitable.

**VIRGO (Aug. 23-Sept. 22)** You must work harder to remain aware of all that is going on around you, as you're sure to be affected in ways you don't expect.

**LIBRA (Sept. 23-Oct. 22)** If you're invited to share your opinion of someone or something, you'll want to do so in a way that puts criticism in a good light.

**SCORPIO (Oct. 23-Nov. 21)** You may be under a great deal of stress as a result of unexpected circumstances combined with a known challenge.

**SAGITTARIUS (Nov. 22-Dec. 21)** This is not the time for any change that requires you to make premature decisions. Be careful, thorough and detailed.

**CAPRICORN (Dec. 22-Jan. 19)** You can accommodate another's needs without impinging on your own. Indeed, you may find some common likes

and dislikes.

**AQUARIUS (Jan. 20-Feb. 18)** You're in a mischievous mood, but you'll want to steer clear of those who will take you seriously, even when you play a joke.

**PISCES (Feb. 19-March 20)** You can provide a friend or loved one with something he or she needs — and it needn't cost you a thing. Moral support is priceless.

**ARIES (March 21-April 19)** Avoid thinking you're better than others, no matter what else you do. Letting your ego grow unchecked can bring danger.

**TAURUS (April 20-May 20)** After a slow start, you can enjoy a highly productive day — provided you make the right choice when called upon to do so.

**GEMINI (May 21-June 20)** You're tempted to take all the credit, but that means you'll also have to take all the blame. Let others have their due.

**CANCER (June 21-July 22)** Your direct and unapologetic approach is sure to be appreciated by those who are all business. Others — not so much.

**Today in History**

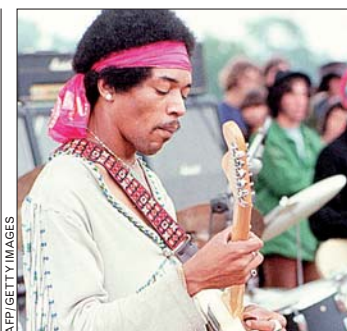
**1587** Virginia Dare becomes the first child of English parents to be born on American soil, on what is now Roanoke Island in North Carolina.

**1920** The 19th Amendment to the Constitution, which guaranteed the right of all American women to vote, is ratified as Tennessee becomes the 36th state to approve it.

**1958** The novel "Lolita" by Vladimir Nabokov is first published in New York by G.P. Putnam's Sons, almost three years after it was originally published in Paris.

**1963** James Meredith becomes the first black student to graduate from the University of Mississippi.

**1969** The Woodstock Music and Art Fair in Bethel, N.Y., which had fallen behind schedule, finally winds to a close after three nights with a midmorning set per-



Jimi Hendrix performs on the final day of Woodstock on this day in 1969.

formed by Jimi Hendrix.

**2004** In Athens, Paul Hamm wins the men's gymnastics all-around Olympic gold medal by the closest margin ever in the event; controversy followed after it was discovered a scoring error cost Yang Tae-young of South Korea the title.

lookout people



Joe Jackson is telling news sources that his son will be buried Aug. 29.

CLOSURE Jackson to Be Buried Next Week, His Father Says

Refuting rumors that Michael Jackson was buried last week, **JOE JACKSON** said that his son is to be laid to rest on what would have been his 51st birthday. The New York Daily News reported that Jackson will be interred at 10 a.m. on Aug. 29 in Los Angeles' Forest Lawn Cemetery. (EXPRESS)

CAREERS Rep Reassures Public That Jess Is Safely Unemployed

Rumors that **JESSICA SIMPSON**'s father is pushing for her to replace Paula Abdul on "American Idol" are unfounded, her publicist told Usmagazine.com. "There is absolutely no truth to this," said the rep. Also false: talk that Simpson will guest-star on "Ugly Betty." (EXPRESS)

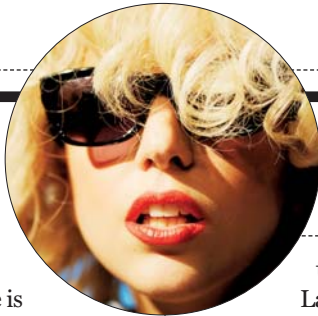


DANCERS This Is Not Tom DeLay

Tom DeLay is not the only new cast member of "Dancing With the Stars." Fifteen other celebrities will be kicking up their heels, including Donny Osmond, Mya, Macy Gray, Aaron Carter, Melissa Joan Hart, Debi Mazar, Ashley Hamilton (son of George), Joanna Krupa, Kathy Ireland, **KELLY OSBOURNE**, Mark Dacascos, Chuck Liddell, Louie Vito, Natalie Coughlin and Michael Irvin. (AP)

ISRAELITES Millenia of Oppression, And Now This?

**LADY GAGA** says she is toning down her provocative image during her first trip to Israel and is excited about seeing "sacred and holy" Jerusalem. The songstress says her visit to Jerusalem will be "an emotional and spiritual experience." She also has plans to swim in the Dead Sea. In a nod



If she goes to Egypt, she'll be the eleventh plague.

to local fans Monday, Lady Gaga covered her skimpy top with a black leather jacket emblazoned with a Star of David made of silver spikes on the back. Lady Gaga said she is more excited to see Jerusalem than to "get drunk in a bar," though she also said she might "get drunk in Jerusalem." (AP)

JOURNALISM And They Say Morning News Shows Are a Joke!

ABC says comedian **STEVE HARVEY** is joining "Good Morning America" to report on family and relationship



topics. Harvey's first segment is scheduled for Wednesday. The 52-year-old Harvey is the author of the best-selling book "Act Like a Lady, Think Like a Man," and he previously starred in his self-titled sitcom for seven seasons on the WB network. His syndicated radio show is heard in 60 markets across the nation. (AP)



First a new holiday, then a new calendar. Watch your back, Gregorian.

HOLIDAYS Labor Day Feels Inadequate

**TYRA BANKS** is showing her natural hair on the fifth-season premiere of "The Tyra Show" on Sept. 8. "We're taking it to the next level and getting more real than ever before by encouraging women everywhere to own and rock what they've got and be proud!" Banks said in a statement. She then goes on to declare Sept. 8 "National Real Hair Day." (EXPRESS)

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# puzzles lookout

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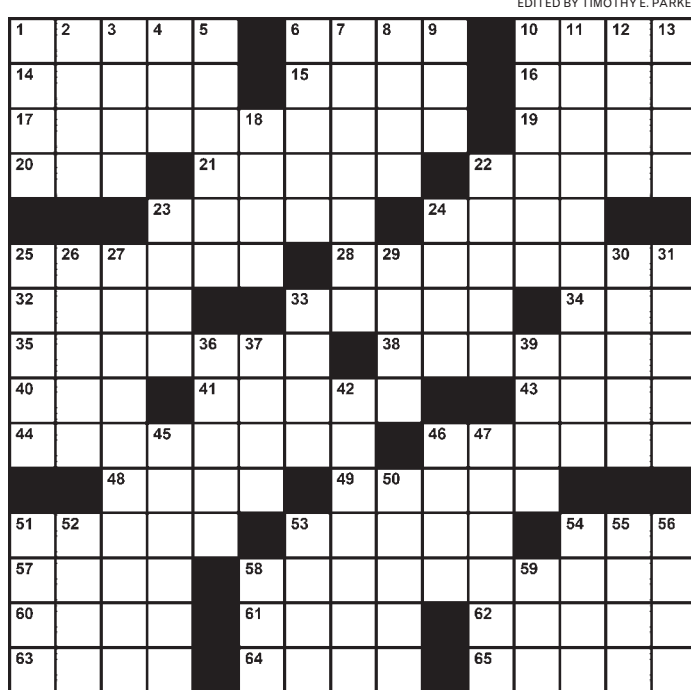
### ACROSS

1 It's spoken from the hip?  
6 Struck with wonder  
10 Picnic drink  
14 Moses' brother  
15 "Am-scray!"  
16 \_\_\_ for the money  
17 Needing Mr. Fix-It  
19 Sicilian volcano  
20 It makes pets pests  
21 Barely flows through the cracks  
22 White as a sheet  
23 Does some bookmaking  
24 Old instrument that's strummed  
25 Corrupt morally  
28 Cute as a button  
32 Two in a row?  
33 Master, in Africa  
34 Young boy  
35 Ickier  
38 Frosty's fear  
40 Breed  
41 Bad-mannered  
43 Twice removed from thrice  
44 Canine, but not a dog  
46 Crave  
48 Paper contents  
49 It may be humble  
51 Fashion figure  
53 Gave up a seat  
54 Words from a witness  
57 Pressing need?  
58 Needing Mr. Fix-It  
60 Leaves in stitches?  
61 Birdhouse

occupant, perhaps  
62 Lisa Simpson, to Patty and Selma  
63 He played Felix on TV  
64 Suffix for "mountain" or "auction"  
65 Rips off

### DOWN

1 Undeserving of a padded cell  
2 Where to spend a kip  
3 They're black for witches  
4 \_\_\_ and then  
5 Knowledge of spiritual truths  
6 Popped a question  
7 Two-person cutting tool  
8 Ages  
9 Fetching one  
10 Snooze under a sombrero  
11 Needing Mr. Fix-It  
12 Partake at a feast  
13 \_\_\_ impasse  
18 Descartes who said, "I think therefore I am"  
22 Ear-relevant  
23 Smallmouth fish  
24 "on the \_\_\_ prairie"  
25 Calf in a range herd  
26 "and \_\_\_ to rise"  
27 Needing Mr. Fix-It  
29 Water gates  
30 "Ivanhoe" weapon  
31 Lawn-care equipment

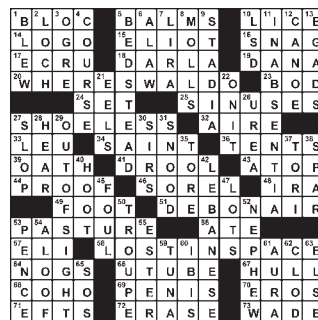


EDITED BY TIMOTHY E. PARKER

33 One with frequent temper tantrums  
36 Meanie's look  
37 Winged figure of Greek mythology  
39 Muscle quality  
42 Smash to smithereens  
45 Smaller than small  
46 Foot that clops  
47 Extras  
50 Unexpected benefits

51 Spray finely  
52 White-centered snack  
53 Without a doubt  
54 Inventor's starting point  
55 It's not damaged by cutting  
56 Metals in the rough  
58 Run a deficit  
59 Brazilian vacation spot, informally

### Yesterday's Solution



## SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See [www.sudoku.com](http://www.sudoku.com) for solution, tips and computer program.

### Need more Su/do/ku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

### Yesterday's Solution

3	7	9	4	2	6	5	8	1
2	6	8	1	3	5	4	9	7
5	4	1	9	7	8	2	6	3
9	8	2	3	5	1	7	4	6
6	5	3	2	4	7	9	1	8
4	1	7	8	6	9	3	5	2
7	2	6	5	8	4	1	3	9
1	3	4	6	9	2	8	7	5
8	9	5	7	1	3	6	2	4

3		1		2		8	7
8				9			
			6	1			4
1	7					4	
		9				8	
		4					5
4				5	7		
			3				6
2	3		9			1	5

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